

The Canadian Housewife's Multiplication and Market Table.

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THE

CANADIAN HOUSEWIFE'S

Manual of Cookery

CAREFULLY COMPILED

FROM THE BEST

ENGLISH, FRENCH & AMERICAN WORKS,

Especially adapted to this Country.

HAMILTON, C.W.

PRINTED BY WILLIAM GILLESPIE, "SPECTATOR" OFFICE,
PRINCE'S SQUARE.

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PREFACE.

IN compiling the following work, the publisher has had but one necessary object in the undertaking. From experience he has seen the want of a decided Canadian *vade-mecum* of cookery. He therefore, endeavors in this publication to secure all the desiderata of a Housewife's culinary knowledge, and herewith presents before her an array of Receipts unequalled, as a whole, to any thing hitherto published in this country.

There are certainly many publications of the same class as the one now before the reader, but as they all invariably have a cosmopolitan character, a work more restricted and withal local in its aim, was much required. This deficiency, it will be seen, is herein fully supplied.

The present work therefore undertakes to meet the wants and views of the Canadian Housewife. There is scarcely an article in the shape of the manufacture of SAUCES, the preparations of FISH, the various uses, purposes, and dressing of MEAT; the minutiae of POULTRY, GAME, and PASTRY, but

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PREFACE.

what the subsequent pages detail ; and, in addition, many valuable recipes for the sick and convalescent are given.

The compiler would also call attention to the excellent rules and maxims laid down in the "INTRODUCTORY OBSERVATIONS"—a careful study of which will be found to be of the most essential service in house-keeping.

As CARVING is a requisite accomplishment at the table, full and complete directions for the mastery of this art is annexed, with illustrations.

In all these various departments, the compiler has been somewhat indebted to a late work of M. SOYER's, the celebrated French Cook, as well as to some of the latest English, French, and American works on the same subject ; and having thus carefully culled and collated from these sources all that was valuable and applicable to this country, he most respectfully submits the same for the approval and patronage of the Canadian Housewife.

H. I. R.

DIRE
INTR
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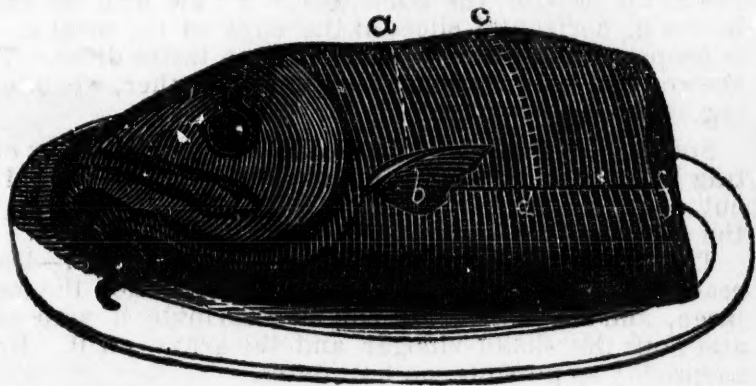
DIRECTIONS FOR CARVING.

ADDRESS is more required than strength in the manner of using the carving knife, which, for a lady, should be light; of a middling size and a keen edge; to facilitate carving, the butcher should always be desired to divide the joints of all carcase meat. If the meat belonging to each bone be too thick, a small slice may be taken between every two bones. The more fleshy joints are to be helped in thin slices, smoothly cut. The dish should not be too far off the carver, as it makes the task more difficult, and gives an awkward appearance.

In helping fish, care should be taken not to break the flakes, which in cod and fresh salmon are large, and add much to the beauty of its appearance. A fish slice not being sharp, divides it best on this account. Part of the roe, liver or milt, should be helped to each person.

In cutting up any wild-fowl, duck, goose or turkey, for a large party, if you cut the slices down from pinion to pinion, without making wings, there will be more prime pieces.

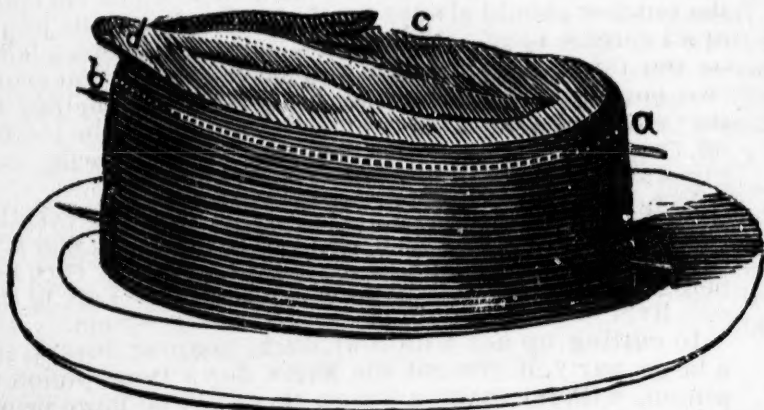
Cod's Head and Shoulders.



This fish when in season and properly boiled, makes a very handsome dish. The parts about the back-bone, on the shoulders, are the best. Take off a piece down to the bone in the direction *a, b, c, d*, putting in the spoon

at *a, c*, giving with each slice a piece of the sound, which will be found underneath the back-bone, this may be got by passing the spoon under in the direction *d, f*. The palate, tongue &c., which some persons like, may be got by putting the spoon into the mouth.

Edge-bone of beef.



Cut off a slice an inch thick all the length from *a*, to *b*, and then help. The soft fat, which resembles marrow, lies at the back of the bone, below *c*; the firm fat must be cut in horizontal slices at the edge of the meat *d*. It is proper to ask which is preferred, as tastes differ. The skewer that keeps the meat properly together, when boiling, is here shown at *a*.

SIRLOIN OF BEEF.—Begin either at the end, or by cutting into the middle. For the outside, the slice should be cut down to the bones. Give with each piece some of the soft fat.

The inside, done as follows, eats excellently :—Have ready some shalot-vinegar boiling hot; mince the meat large, and a good deal of the fat; sprinkle it with salt, and pour the shalot-vinegar and the gravy on it. Help as quickly as possible, on hot plates.

ROUND OR BUTTOCK OF BEEF.—Cut in the same way as fillet of veal. It should be kept even all over. A deep slice should be cut off the beef before you begin to help, as directed above for the edge-bone.

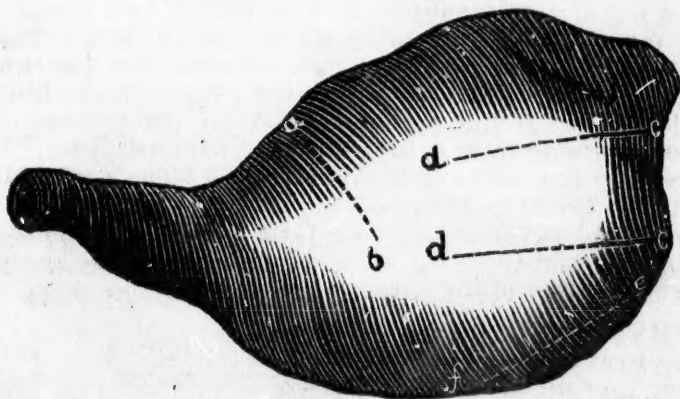
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FILLET OF VEAL.—In an ox this part is round of beef. Ask whether the brown be liked, otherwise help the next slice. The bone is taken out and the meat tied close, before dressing. It should be cut thin and very smooth. A stuffing is put into the flap which completely covers it; you must cut deep into this, and help a thin slice, as likewise of fat.

BREAST OF VEAL.—One part (which is called the brisket) is thick set, and has gristles: put your knife about four inches from the edge of this, and cut through it, which will separate the ribs from the brisket. Ask which is chosen, and help accordingly.

CALF'S HEAD.—Cut slices from the fleshy part, at the neck end, there lies the throat sweetbread, which you should help a slice of with the other part. Many like the eye: which you must cut out with the point of your knife, and divide in two. If the jaw-bone be taken off, there will be found some fine lean. Under the head is the palate.

Shoulder of Mutton.



This is a good joint, and by many preferred to the leg, it being full of gravy. The figure represents it as laid in the dish with its back uppermost. When cut, it should be in the hollow part of it, in the direction of *a, b*, and the knife be passed deep to the bone. The prime part of the fat lies on the outer edge, in the direction *f, g*. If the

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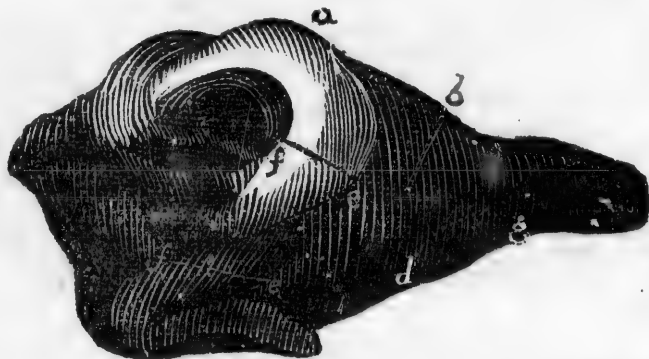
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part cut in the line *a, b*, is eaten, some very delicate slices may be cut out on each side the ridge of the blade bone, in the direction *c, d*. The line between these two dotted lines, is that in the direction of which the edge or ridge of the blade-bone lies, and cannot be cut across.

Leg of Mutton.



A leg of wether mutton may be known by a round lump of fat at the edge of the broadest part, as at *a*. The best part is in the midway, at *b*, between the knuckle and further end. Begin to help there, by cutting thin deep slices to *c*. If the outside is not fat enough help some from the side from *e*, to *f*. This part is most juicy. There are very fine slices on the back of the leg; turn it up, and cut the broad end longways. To cut out the cramp-bone, take hold of the shank with your left hand, and cut down to the thigh-bone at *d*; then pass the knife under the cramp-bone, in the direction *d, g*.

HAUNCH OF VENISON.—Cut down to the bone, to let out the gravy; then turn the broad end of the haunch toward you, and cut as deep as you can to the end of the haunch; then help in thin slices, observing to give some fat to each person.

SADDLE OF MUTTON.—Cut long thin slices from the tail to the end, beginning close to the back bone. If a large joint, the slice may be divided. Cut some fat from the sides.

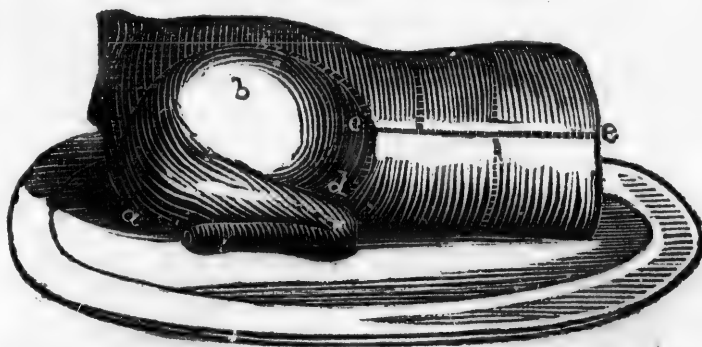
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DIRECTIONS FOR CARVING.

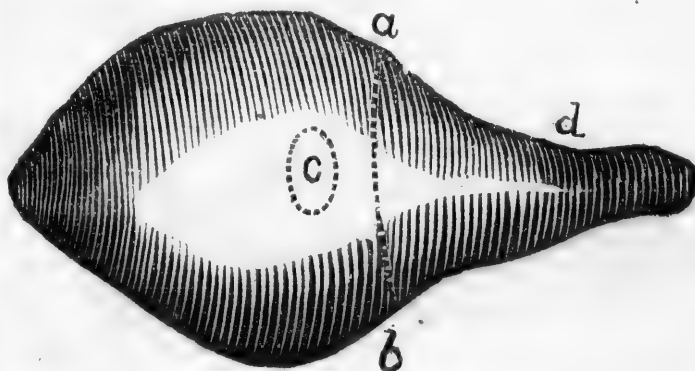
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A Fore-quarter of Lamb.



Separate the shoulder from the scoven, (which is the breast and ribs) by passing the knife under in the direction of *a, b, c, d*, keeping it towards you horizontally, to prevent cutting the meat too much off the bones. If grass lamb, the shoulder being large, put it into another dish. Then separate the gristly part from the ribs in the line *e, e*; and help either from that, or from the ribs, as may be chosen.

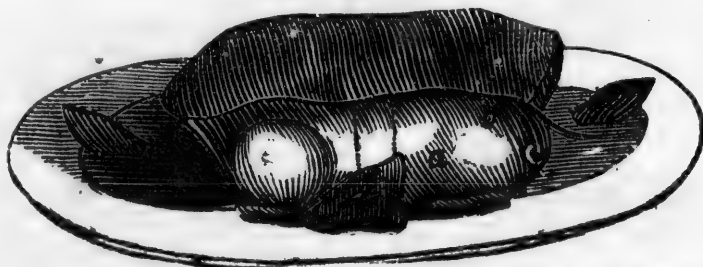
Ham.



Ham may be cut three ways: the common method is, to begin in the middle, by long slices from *a*, to *b*, from the centre through the thick fat. This brings to the prime at first; which is likewise accomplished by cutting

a small round hole on the top of the ham, as at *c*, and with a sharp knife enlarging that by cutting successive thin circles; this preserves the gravy, and keeps the meat moist. The most saving way is, to begin at the hock end and proceed onwards.

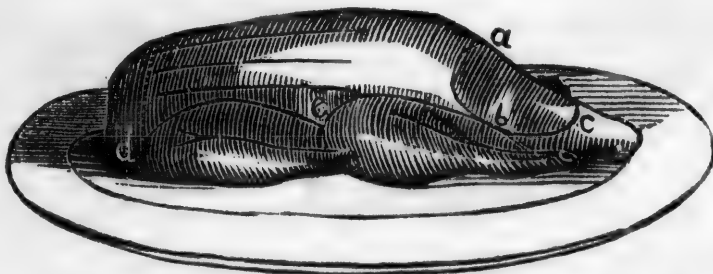
Sucking Pig.



The cook usually divides the body before it is sent to table, and garnishes the dish with the jaws and ears.

The first thing is, to separate a shoulder from the carcass on one side, and then the leg, according to the direction given by the dotted line *a, b, c*. The ribs are then to be divided into about two helpings; and an ear or jaw presented with them, and plenty of sauce. The joints may either be divided into two each, or pieces may be cut from them. The ribs are reckoned the finest part.

Goose.



Cut off the apron in the circular line *a, b, c*, and pour into the body a glass of port wine; and a large tea-spoonful of mustard. Turn the neck end of the goose towards

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you, and cut the whole breast in long slices from one wing to another; but only remove them as you help each person, unless the company is so large as to require the legs likewise. Take off the leg, by putting the fork into the small end of the bone, pressing it to the body, and having passed the knife at *d*, turn the leg back, and, if a young bird, it will easily separate. To take off the wing, put your fork into the small end of the pinion, and press it close to the body; then put in the knife at *d*, and divide the joint, taking it down in the direction *d, e*. Nothing but practice will enable people to hit the joint exactly at first. When the leg and wing of one side are done, go on to the other; but it is not often necessary to cut up the whole goose, unless the company be large. There are two side-bones by the wing, which may be cut off, as likewise the back and lower side-bones; but the best pieces are the breast, and the thighs after being divided from the drum-sticks.

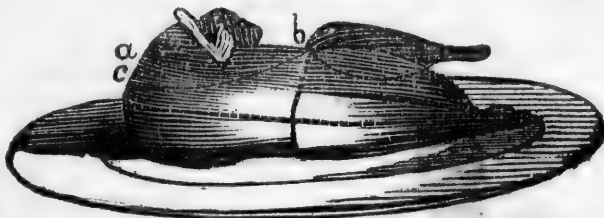
Hare.

The best way of cutting it up is, to put the point of the knife under the shoulder at *a*, and so cut all the way down to the rump, on one side of the back-bone, at the line *a, b*. Do the same on the other side, so that the whole hare will be divided into three parts. Cut the back into four, which, with the legs, is the part most esteemed. The shoulder must be cut off in a circular line, as *c, d, a*; and help the company, giving some pudding and gravy to every person. This way can only be practised when the

hare is young; if old, put the knife between the leg and back, and give it a little turn inwards at the joint. When both legs are taken off, there is a fine collop on each side the back; then divide the back into as many pieces as you please, and take off the shoulders, which are by many preferred, and are called the sportsman's pieces. Cut off the head, put your knife between the upper and lower jaw, and divide them; then put the point of the knife into the centre, and cut the head into two. The ears and brains may be helped to those who like them.

RABBITS.—Carve as directed the latter way for hare; cutting the back into two pieces, which, with the legs, are the prime.

A Fowl.



A boiled fowl's legs are bent inwards, and tucked into the belly; before it is served, the skewers are to be removed. Lay the fowl on your plate, and place the joints, as cut off, on the dish. Take the wing off in the direction of *a*, to *b*. only dividing the joint with your knife: and then with your fork lift up the pinion, and draw the wing towards the legs, and the muscles will separate in a more complete form than if cut. Slip the knife between the leg and body, and cut to the bone; then with the fork turn the leg back, and the joint will give way if the bird is not old. When the fore quarters are removed, take off the merrythought from *a*, and the neck-bones; these last by putting in the knife at *c*, and pressing it under the long broad part of the bone in the line *c*, *b*; then lift it up, and break it off from the part that sticks to the breast. The next thing is, to divide the breast from the carcase, by cutting through the tender ribs, close to the breast down to the tail. Then lay the back upwards, put your knife into the

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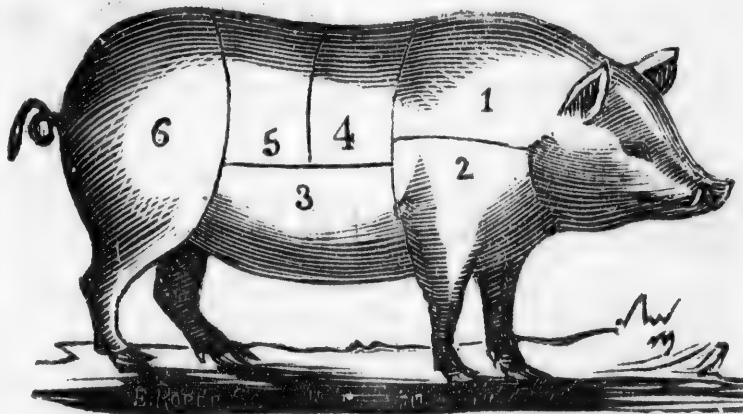
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bone half-way from the neck to the rump, and, on raising the lower end, it will separate readily. Turn the rump from you, and take off the two sidesmen, and the whole will be done. The breast and wings are looked upon as the best parts, but the legs are most juicy in young fowls.

PARTRIDGE.—Before the partridge is served up, the skewers must be withdrawn. It is cut up in the same manner as a fowl. The wings must be taken off, and the merrythought. The prime parts of a partridge are the wings, breast, and merrythought, but the bird being small, the two latter are not often divided. The wing is considered as the best, and the tip of it reckoned the most delicate morsel of the whole.

PIGEONS.—Cut them in half either from top to bottom or across. The lower part is generally thought the best; but the fairest way is to cut from the neck down the back.

Pork.

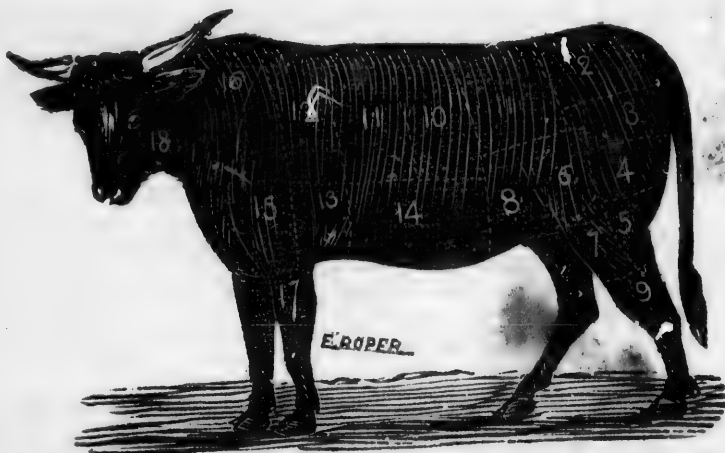


1. The Sparerib.
2. Hand.
3. Belly or Spring.

4. Fore Loin.
5. Hind Loin.
6. Leg.

DIRECTIONS FOR CARVING.

Beef.



HIND-QUARTER.

1. Sirloin.
2. Rump.
3. Edge-Bone.
4. Buttock.
5. Mouse-Buttock.
6. Veiny Piece.
7. Thick Flank.
8. Thin Flank
9. Leg.
10. Fore Rib ; 5 Ribs.

FORE-QUARTER.

11. Middle Rib ; 4 Ribs.
12. Chuck ; 3 Ribs.
13. Shoulder, or Leg of Mutton Piece.
14. Brisket.
15. Clod.
16. Neck or Sticking-Piece.
17. Shin.
18. Cheek.

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INTRODUCTORY OBSERVATIONS

FOR THE USE OF

THE MISTRESS OF A FAMILY.

"Those deserve the greatest praise who best acquit themselves of the duties which their station requires."

[The following practical hints are abridged from a very valuable English work entitled "Domestic Cookery."]

In the variety of female acquirements, though domestic occupations stand not so high in esteem as they formerly did, yet, when neglected, they produce much human misery. There was a time when ladies knew nothing *beyond* their own family concerns; but, in the present day, there are many who know nothing *about* them; each of these extremes should be avoided. But is there no way to unite, in the female character, cultivation of talents and habits of usefulness? Happily there are still great numbers in every situation, whose example proves that this is possible. How necessary then is domestic knowledge in those whose limited means press on their attention considerations of economy.

If we carry on our observations to married life, we shall find a love of employment to be the source of unnumbered pleasures. To attend to the nursing, and at *least early* instruction of children, and rear a healthy progeny in the ways of piety and usefulness: to preside over the family and regulate the income allotted to its maintenance: to make home the sweet refuge of a husband fatigued by intercourse with a jarring world: to be his enlightened companion and the chosen friend of his heart: these, are woman's duties, and delightful ones they are, if haply she be married to a man whose soul can duly estimate her worth, and who will bring his share to the common stock of felicity. Of such a woman, one may truly say, "Happy the

man who can call her his wife. Blessed are the children who call her mother."

The direction of a *table* is no inconsiderable branch of a lady's concern, as it involves judgment in expenditure; respectability of appearance; and the comfort of her husband and those who partake of their hospitality.

Perhaps there are few incidents in which the respectability of a man is more immediately felt, than the style of dinner to which he accidentally may bring home a visitor. Every one is to live as he can afford, and the meal of the tradesman ought not to emulate the entertainments of the higher classes; but if two or three dishes are well served, with the usual sauces, the table-linen clean, the small sideboard neatly laid, and all that is necessary be at hand, the expectation of the husband and friend will be gratified, because no irregularity of domestic arrangement will disturb the social intercourse. The same observation holds good on a larger scale.

The manner of carving is not only a very necessary branch of information, to enable a lady to do the honours of her table, but makes a considerable difference in the consumption of a family.

The mistress of a family should always remember that the welfare and good management of the house depend on the eye of the superior; and, consequently, that nothing is too trifling for her notice, whereby waste may be avoided.

Perhaps few branches of female education are so useful as great readiness at figures. Accounts should be regularly kept, and not the smallest article omitted to be entered; and if balanced every week and month, &c. the income and out-goings will be ascertained with facility, and their proportions to each other be duly observed.

Many families are indebted for their prosperity full as much to the propriety of female management, as to the knowledge and activity of the father.

The lady of a general officer observed to her man-cook, that her last weekly bill was higher than usual. Some excuse was offered;—to which she replied: "Such is the sum I have allotted to house-keeping: should it be exceeded

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one week, the next must repay it. The general will have no public day this week." The fault was never repeated.

To give unvarying rules cannot be attempted; for people ought to form their conduct from their circumstances, but it is presumed that a judicious arrangement, according to them, will be found equally advantageous to all.

By good hours, especially early breakfast, a family is more regular, and much time is saved. If orders be given soon in the morning, there will be more time to execute them; and servants, by doing their work with ease, will be more equal to it, and fewer will be necessary.

It is worthy of notice that the general expense will be reduced and much time saved, if every thing be kept in its proper place, applied to its proper use, and mended, when the nature of the accident will allow, as soon as broken.

All things likely to be wanted should be in readiness; sugars of different qualities kept broken, currants washed, picked and perfectly dry; spices pounded, and kept in very small bottles closely corked; not more than will be used in four or five weeks should be pounded at a time. Much less is necessary when boiled whole in gravies, &c.

It is much to be feared, that for the waste of many of the good things that God has given for our use, not abuse, the mistress and servants of great houses will hereafter be called to a strict account.

Some part of every person's fortune should be devoted to charity; by which a "plous woman will build up her house before God, while she that is foolish (*i. e.* 'tends nothing to the Lord) pulls it down with her hands." No one can complain of the want of gifts to the poor in this land; but there is a mode of relief which would add greatly to their comfort, and which being prepared from superfluity, and such materials as are often thrown away, the expense would not be felt.

Many well-meaning servants are ignorant of the best means of managing, and thereby waste as much as would maintain a small family, besides causing the mistress of the house much chagrin by their irregularity; and many

families, from a want of method, have the appearance of chance rather than of regular system. To avoid this, the following hints may be useful as well as economical.

Every article should be kept in that place best suited to it, as much waste may thereby be avoided, viz.

Vegetables will keep best on a stone floor, if the air be excluded.—Meat in a cold dry place.—Sugar and sweet-meats require a dry place; so does salt.—Candles, cold, but not damp.—Dried meats, hams, &c., the same,—All sorts of seeds for puddings, saloop, rice, &c., should be close covered to preserve from insects; but that will not prevent it, if long kept.

Bread should not be cut until a day old. Earthen pans and covers keep it best.

Straw to lay apples on should be quite dry, to prevent a musty taste.

Large pears should be tied up by the stalk.

Basil, savoury, or knotted marjoram, or thyme, to be used when herbs are ordered; but with discretion, as they are very pungent.

The best means to preserve blankets from moths is to fold and lay them under the feather-beds that are in use; and they should be shaken occasionally. When soiled, they should be washed not scoured.

Soda by softening the water, saves a great deal of soap. It should be melted in a large jug of water, some of which pour into the tubs and boiler; and, when the lather becomes weak, add more. The new improvement on soft soap is, if properly used, a saving of near half in quantity; and, though something dearer than the hard, reduces the price of washing considerably.

Many good laundresses advise soaping linen in warm water the night previous to washing, as facilitating the operation with less friction.

Soap should be cut with a wire or twine, in pieces that will make a long square when first brought in, and kept out of the air two or three weeks; for if it dry quick, it will crack, and when wet, break. Put it on a shelf, leav-

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ing space between, and let it grow hard gradually. Thus it will save a full third in the consumption.

Some of the lemons and oranges used for juice should be pared first to preserve the peel dry; some should be halved, and when squeezed, the pulp cut out, and the outsides dried for grating. If for boiling in any liquid, the first way is best. When these fruits are cheap, a proper quantity should be bought and prepared as above directed, especially by those who live in the country, where they cannot always be had; and they are perpetually wanted in cookery.

When whites of eggs are used for jelly, or other purposes, contrive to have pudding, custard, &c. to employ the yolks also. Should you not want them for several hours, beat them up with a little water, and put them in a cool place, or they will be hardened and useless. It was a mistake of old, to think that the whites made cakes and puddings heavy; on the contrary, if beaten long and separately, they contribute greatly to give lightness, are an advantage to paste, and make a pretty dish beaten with fruit, to set in cream, &c.

If copper utensils be used in the kitchen, the cook should be charged to be very careful not to let the tin be rubbed off; and to have them fresh done when the least defect appears, and never to put by any soup, gravy, &c., in them, or any metal utensil; stone and earthen vessels should be provided for those purposes, as likewise plenty of common dishes, that the table set may be used to put by cold meat.

Tin vessels if kept damp, soon rust, which cause holes. Fenders, and tin linings of flower-pots, &c. should be painted every year or two.

Do not let knives be dropped into hot dish-water. It is a good plan to have a tin pot to wash them in, just high enough to wash the blades *without wetting* the handles.

A bowl containing a quart of water, set in an oven when baking, will prevent pies, cakes, &c. from being scorched.

Vegetables soon sour, and corrode metals and glazed red ware, by which a strong poison is produced.

Vinegar, by its acidity, does the same, the glazing being of lead or arsenic.

To cool liquors in hot weather, dip a cloth in cold water, and wrap it round the bottle two or three times, then place it in the sun; renew the process once or twice.

The best way of scalding fruits, or boiling vinegar, is in a stone jar on a hot iron hearth; or by putting the vessel into a saucepan of water, called a water-bath.

If chocolate, coffee jelly, gruel, bark, &c. be suffered to boil over, the strength is lost.

The cook should be charged to take care of jelly-bags, tapes for the collared things, &c. which if not perfectly scalded and kept dry, give an unpleasant flavour when next used.

Cold water thrown on cast-iron, when hot, will cause it to crack.

In the following receipts, though the quantities may be accurately directed, yet much must be left to the discretion of the person who uses them.

 The different tastes of people require more or less of the flavour of spices, salt, garlic, butter, &c. which can never be ordered by general rules; and if the cook has not a good taste, all the ingredients which nature and art can furnish, will not give exquisite flavour to her dishes. The proper articles should be at hand, and she must proportion them until the true *tast* be obtained, and a variety in flavour be given at the same time to the different dishes served.

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THE
CANADIAN HOUSEWIFE'S
MANUAL OF COOKERY.

PART I.

SIMPLIFIED RULES FOR SOUPS, BROTHS AND
GRAVIES.

THE READER will doubtless be aware that the principal reason why a great number of the people in this country dislike the making of soup, is the expense attending the purchase of the necessary ingredients laid down in the generality of receipt books. In the following pages reference has been carefully studied to obviate this disadvantage; and the compiler, therefore, has no hesitation in recommending the receipts herewith given for that purpose, not only as being highly wholesome and nutritious, but likewise simple in preparation and *economical* in material, so that soup may form a part of the daily fare of every dinner table.

General Directions respecting Soups and Gravies.

WHEN there is any fear of gravy-meat being spoilt before it is wanted, season well and fry it

lightly, which will preserve it two days longer ; but the gravy is best when the juices are fresh.

When soups or gravies are to be put by, let them be changed every day into fresh scalded pans. Whatever has vegetables boiled in it is apt to turn sour sooner than the juices of meat. Never keep any gravy, &c., in metal.

When fat remains on any soup, a tea-cupful of flour and water mixed quite smooth, and boiled in, will take it off.

If richness or greater consistency be wanted a good lump of butter mixed with flour, and boiled in the soup, will give either of these qualities. Long boiling is necessary to give the full flavour of the ingredients, therefore time should be allowed for soups and gravies; and they are best if made the day before they are wanted.

Soups and gravies are far better when the meat is put at the bottom of the pan and stewed, and the herbs, roots, &c., with the butter, than when water is put to the meat at first; and the gravy that is drawn from the meat should be almost dried up before the water is put to it.—Do not use the sediment of gravies, &c., that have stood to be cold. When onions are strong boil a turnip with them, if for sauce; this will make them mild.

If soups or gravies are too weak, do not cover them in boiling, that the watery particles may evaporate.

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A clear jelly of cow-heel is very useful to keep in the house, being a great improvement to soups and gravies.

Truffles and morels thicken soups and sauces, and give them a fine flavour. Wash half an ounce of each carefully, then simmer them a few minutes in water, and add them with the liquor; to boil in the sauce, &c., till tender.

Please pay attention to the following receipt for when you are perfect in it, and can make it quick and well, almost every sort of soup can be made from it, and it will often be referred to in different sauces and dishes.—SOYER.

Stock Broth for Clear Soup.

1. Cut two pounds of knuckle or scrag of veal into small pieces, place them in the iron pot or stewpan, with two ounces of salt butter or dripping, two ounces of lean bacon cut small, three tea-spoonfuls of salt, half a spoonful of pepper, a gill of water, three middle-sized or six ounces of onions, sliced. Put on the fire; when boiling, stir it for about ten minutes, or until it forms a whitish thick gravy at the bottom, or gets rather dry, then add five pints of hot or cold water; when boiling, let it simmer gently for three quarters of an hour, skim it well, pass it through a sieve, and it will be clear and ready for use for making soups. In case bacon or ham cannot be obtained, use half a pound more meat

and a little more salt. The meat not being over-stewed, will be found excellent eaten plain, or with parsley and butter, or any sauce.

2. Proceed exactly as No. 1. Add two cloves and about two ounces of carrot, and the same of turnip, leeks, celery, or a quarter of a pound of one of them, if you cannot get the variety. To add more zest to the flavour, add the smallest quantity of thyme, winter savory, or a bay leaf. This is very important, as it gives you the key whereby you may vary the flavour of every kind of soup.

NOTE.—This broth is of a nice white colour, and should it be required to look like sherry wine, add sufficient colouring, (44), or half a burnt onion, when it is making.

Brown Gravies.

3. The following is very good for brown sauce, and also for every kind of roast meat, game, or poultry; and a gill of it may be used to give a colour to any kind of broth, instead of colouring or burnt onions:

Grease the bottom of the pot with about two ounces of fat, butter, or dripping; cut four onions in thick slices crossways, lay them on the bottom, and place over them three pounds of leg or shin of beef, or clod and sticking; cut it slantway in pieces, chop the bone, then add two tea-spoonfuls of salt, half a spoonful of pepper; set it on the fire until it begins to hiss, which indicates that all the moisture is dispersed; reduce the heat of the fire by throwing ashes on the top; put on

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the pan with the cover over. Let the onions stew until quite brown, but not burnt, and the fat is as clear as oil, which you will easily perceive by holding the pan or pot on one side, the contents of which will be smoking hot, and stick to the bottom, though not burning; immediately add five pints of cold water; when boiling, skim and simmer one hour; pass through the sieve, and put by till wanted. It will keep for many days in winter, and also in summer, by boiling it every other day, with the addition of half a gill of water added to it now and then.

The remains of roast or boiled meat, game, poultry, &c., may be added, cut up, and the bones broken, using only half the quantity of meat. The meat may be taken out and served separate, with a mustard or any sharp sauce.

The addition of cloves (say four), a little mace, carrots, turnips, and celery, and a few sweet herbs, will vary the flavour of the gravy.

A sharp Brown Sauce for boiled Fowls and Meat.

4. Put a table-spoonful of chopped onions into a stew pan with one of Chili vinegar, one of common vinegar, one of colouring, three of water, two of mushroom ketchup, two of Harvey's sauce, one of anchovy, and a pint of melted butter, let it simmer until it becomes rather thick to adhere to the back of the spoon, add half a tea-spoonful of sugar. This is excellent to almost all kinds of broiled meats, and gives a nice relish to stews, fish, poultry, &c.

Clear Vegetable Soup.

5. Cut in small dice, two-thirds of carrots and turnips, and one-third of onions, leeks, and celery, altogether about half a pound; wash them well, drain, put into pan or iron pot, two ounces of butter or dripping, and a tea-spoonful of sugar; put on the fire, stir often; when no moisture is to be seen add three pints of broth No. 1, simmer and skim, until the carrots are tender, and serve. If all the above vegetables cannot be obtained at the same time, use the same weight of either. Be careful that you remove the fat from all clear soup. All clear vegetable soup, when done, ought to partake of a brownish colour.

The addition of a few green peas, when in season, small pieces of broccoli, a cauliflower, or a few Brussels sprouts, previously boiled, makes an improvement in the above. A little chervil and tarragon render it both pleasant and refreshing.

Clear Turnip Soup.

6. Peel and cut in large dice half a pound of turnips, put in pan with butter or fat, and a little sugar; proceed as above, add the broth, simmer skim, and serve. Give it a nice brown colour. If turnips are either streaky or spongy, they will not do.

Carrot Soup.

7. For carrots proceed as above and simmer till tender; they take twice as long as the artichokes doing.

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Jerusalem Artichokes.

8. Wash, peel, cut in dice, and fry as above; when nothing but the clear fat is seen in the pan and they are sufficiently done, add the broth. A few minutes will cook them.

Vermicelli and Macaroni.

9. Boil three pints of the broth No. 1, break into it a quarter of a pound of vermicelli or macaroni; boil till tender, and serve. Macaroni takes twice as long as vermicelli doing.

Or, the macaroni can be boiled separate, and kept in salt and water for some days, and used as required for soups and made dishes.

Rice.

10. Wash well two ounces of common Bengal rice; boil it gently in three pints of broth; when tender, serve. In case of illness, two ounces of tapioca or semolina may be used instead.

White Soup with Meat.

11. When the broth No. 1 is done, skim off the fat, put the meat in the tureen, then put into a basin two ounces of flour, mix gently with half a pint of milk, a half tea-spoonful of salt, and a quarter ditto of pepper; add to the broth by degrees; boil it ten minutes, and keep stirring; skim and serve with the meat. Fried or toasted bread cut in dice may be added.

Good White Mock Turtle Soup.

12. May be easily and cheaply made thus :—
 (1) Purchase a calf's head ; if large, use half for a day's dinner ; cut the head open, take out the brains, put it in the pot with six tea-spoonfuls of salt, two of pepper, four onions, parsley, and a little thyme ; put in six quarts of water, in which mix one quarter of a pound of flour ; being placed, set it to boil gently, skim it occasionally, boil three hours ; just before serving, add a wineglass of vinegar ; serve with parsley and butter, alone, or with the brains, boiled and put in it ; serve with sauce, No. 4. Take what may remain of (1), with the other half of head, and remove the bone ; cut the meat into pieces ; add it in proportion of one pound of meat to every four quarts of broth of No. 1 ; mix some flour and milk, as above, and add it to it, and half a tea-spoonful of cayenne pepper, and four cloves ; let it simmer on the fire for one hour, tie up six sprigs of savory, same of thyme, which put into the soup, and remove when serving. The juice of half a lemon is an improvement, just before serving, as well as a drop of wine, if handy. If required brown, add three table-spoonfuls of colouring ; and use water or broth for thickening, instead of milk. The water in which the calf's head is boiled may be kept, and added to the stock. This soup will keep for a long time if boiled occasionally, and a little water added ; it should never be covered, or fermentation will

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commence ; it should be occasionally stirred until cold. Strong stocks are more likely to turn sour than thin ones, more particularly if they have vegetables and flour in them ; to prevent which, when this soup is kept in a basin, leave the mouth exposed to the air.

Cow-heel.

13. Another very cheap and nutritious soup may be made by an ox-foot or cow-heel ; having bought them cleaned and partly boiled, stew them till tender, remove the meat from the bone, cut them into nice pieces, and proceed as for mock-turtle.

White Soup, with Vegetables, &c.

14. Having cut and fried the same quantity of vegetables as No. 1, add them to the white soup, free from meat as No. 12 ; simmer and skim off the fat. Two ounces of vermicelli, maccaroni, rice, &c., previously boiled, can be used in the same way.

Puree, or Thick Vegetable Soups.—Green Pea.

15. Put a quart of large green peas in the pot or pan, with two ounces of butter or fat, and the same of lean bacon cut small, a middling-sized onion, little mint, two tea-spoonfuls of salt, one of sugar, half the same of pepper, a gill of water ; set on a slow fire, stir now and then, or until no more moisture remains on the bottom of the pan ; add two or three table-spoonfuls of flour, stir

round quick, and break the peas against the side of the pan with a wooden spoon; moisten with a quart of milk and a quart of water, simmer twenty minutes, or more if old peas, and serve.

This, by leaving out the bacon, becomes *Meagre Soup*. Fried bread, in small dice, is a good accompaniment.

If you have any broth (No. 1), use it instead of the milk and water.

By passing the peas through a hair sieve, which is done by breaking and pressing them with the back of the spoon, an inviting purée is produced; after which warm up, and serve.

Pumpkin Soup.

16. Is a very favourite dish in many parts of France, especially with the juveniles; and when, in season, there is not a school, college, hospital, convent, or monastery, where it is not made; a proof that it must be very wholesome. *The Vegetable Marrow*, the *American Butter Squash*, and the *Mammoth Gourd*, are good substitutes.

Cut about two pounds of the flesh of the pumpkin into large dice, put it into your pan, with three ounces of salt butter or fat; add two tea-spoonfuls of salt, the same of sugar, a little pepper, and half a pint of water; set on the fire, and stew gently for twenty minutes. When in pulp, add two table-spoonfuls of flour, stir round, and moisten with three pints of either milk,

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skim-milk, or water, boil ten minutes longer, and serve with fried or toasted bread, cut in dice.

 This soup is on the list of meagre soups, and freely partaken by Catholics during Lent, the word meagre meaning, want of strength. But this soup, and many others in the same category, are well worthy the attention of the middle classes of this country, it being only meagre in name, and not in fact, as it possesses a large quantity of farinaceous matter; bread being also served with it.

Vegetable Marrow.

17. Peel and take out the inside, if seeded, cut in slices about two pounds; put in saucepan on the fire, with a quarter of a pound of butter or fat; add two tea-spoonfuls of salt, one of sugar, and one quarter of the same of pepper, a gill of water, and one onion sliced; stew gently until in pulp, then add two table-spoonfuls of flour, and proceed as for pumpkin soup.

Turnip Soup.

18. Use two and a half pounds of good turnips, and proceed as above.

New Spring and Autumn Soup.

19. A most refreshing soup, when the markets are full of everything, and few use them, can be made as a *bonne-bouche*. Wash, dry, and cut up four cabbage lettuces, and one coss ditto, a

handful of sorrel, a little tarragon and chervil, and two or three small cucumbers peeled and sliced; put into a saucepan a quarter of a pound of butter, then set in the vegetables; put on a slow fire, and stir often, until there is no liquid remaining; add two table-spoonfuls of flour, mix well, and moisten with two quarts of broth (No. 1) or water, and set it to boil; when boiling, add a pint of green peas, two tea-spoonfuls of powdered sugar, a little pepper and salt; when the peas are tender, serve. If you use water, increase the quantity of seasoning.

Red Carrot Soup.

20. Scrape gently, and cut in very thin slices two pounds of carrots; put them in the saucepan or pot, with two onions sliced, two ounces of ham cut small, two cloves, a little thyme, salt, pepper, sugar as above, half a pint of water, simmer gently forty minutes, then add three table-spoonfuls of flour, and two quarts of broth (No. 1), or use milk, or even water. It is much better passed through a hair sieve, after which warm up again and serve.

White Carrot.—Proceed as for the red.

The Swede, Parsnip, Red and White Beet.—Proceed as for carrot.

New Cock-a-Leekie.

21. Get two pounds of veal cutlet or fowl and cut the flesh into pieces and put them in

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the pan with a quarter of a pound of butter, the same of lean bacon, three cloves, two good onions sliced, two tea-spoonfuls of salt, one of sugar, half a one of pepper, a gill of water; set it on the fire, turn it over until forming a white glaze at the bottom, add to it five pints of water, simmer half an hour, pass through a sieve, save the best pieces of the veal. In the meantime blanch two pounds of leeks, free from the top green part, for ten minutes, in a gallon of water, and drain them; then boil the stock and half the leeks together till almost in a pulp, then add the other half of the leeks and the meat, also eighteen good fresh dried plums; simmer half an hour and serve.

Simplified Hodge-Podge.

22. Cut two pounds of fresh scrag of mutton into small pieces, which put into a stewpan, with three quarts of cold water, and a table-spoonful of salt, one ditto of sugar, half a ditto of pepper, set it on the fire; when boiling, place it at the side to simmer for one hour; keep it skimmed; wash well a large carrot, two turnips, two onions, and six small cabbage lettuces; cut them up, and place in the pot, and simmer till done.

A pint of green peas, if in season, may be added. A carrot grated is an improvement. If in winter use cabbage instead of lettuce. Serve the meat with it.

Various Meat Soups.

23. *Giblet*.—These should be procured ready cleaned, but if not, they must be scalded; when done, cut them into about twelve pieces, wash them well, and dry in a cloth; put into a pan a quarter of a pound of butter or dripping, set it on the fire, melt it, then add four ounces of flour, stir continually until it begins to brown, add two ounces of lean bacon, and two onions or leeks sliced, fry a few minutes longer, put in the giblets, fry gently for ten minutes, stirring now and then, pour over two quarts of water, stir till boiling, and set it to simmer; then add two teaspoonfuls of salt, half one of pepper, one of sugar, three cloves, a little thyme, bay leaf, and about a quarter of a pound of celery well washed and cut up small; continue simmering until the giblets are tender, remove the fat, and serve. A wineglass of sherry and a little cayenne may be added. A pound of beef or veal is, of course, a great improvement. This receipt is for the giblets of a middle-sized turkey.

Hare Soup.

24. Take an old hare that is good for nothing else, cut it into pieces, and put to it a pound and a half of lean beef, two or three shank-bones of mutton well cleaned, a slice of lean bacon or ham, an onion, and a bunch of sweet herbs; pour on it two quarts of boiling water; cover the jar into which you put these, with bladder and

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paper, and set it in a kettle of water. Simmer till the hare is stewed to pieces; strain off the liquor and give it one boil, with an anchovy cut into pieces; and add a spoonful of soy, a little Cayenne, and salt. A few fine forcemeat-balls, fried of a good brown, should be served in the tureen.

Ox-rump Soup.

25. Two or three rumps of beef will make it stronger than a much larger quantity of meat without these; and form a very nourishing soup.

Ox Tail.

26. Cut them at the joints, and proceed as for giblets, adding one pint more water for two small tails, and simmer half an hour longer, or till done. This should be of a brown colour. Vegetables cut into dice may be added. Serve when tender; some will take double the time cooking, according to size.

Ox Cheek.

27. Boil half a large cheek for twenty minutes in two quarts of water, to set it; take it out, cut it into thin slices, or small pieces, and then proceed exactly as for giblets. Serve when tender.

New Mutton Broth.

28. Cut two pounds of the scrag, or any other lean part of mutton, in ten or twelve pieces,

put in a pan with two ounces of fat, two teaspoonfuls of salt, half of pepper, a gill of water, two middle-sized onions, a good tea-cupful of pearl barley. Set it on the fire, stir round until it is reduced, moisten with five pints of water, boil, and skim, simmer two hours; and serve.

Potato Soup.

29. Proceed as above, omit the barley, add two pounds of potatoes, peeled and cut in slices, put them in when the broth is boiling; simmer till in pulp, and serve. A few sprigs of parsley, or the flowers of four marigolds, is an improvement, and at the same time an agreeable change.

Cheap Pea Soup.

30. Put into the iron pot two ounces of dripping, one quarter pound of bacon, cut into dice, two good onions sliced; fry them gently until brownish, then add one large or two small turnips, the same of carrots, one leak, and one head of celery, all cut thin and slanting (if all these cannot be obtained, use any of them, but about the same amount); fry for ten minutes more and then add seven quarts of water; boil up, and then add one pound and half of split peas; simmer for two or three hours, until reduced to a pulp, which depends on the quality of the pea, then add two table-spoonfuls of salt, one of sugar, one of dried mint; mix half a pound of flour smooth in a pint of water, stir it well; pour in the soup, boil thirty minutes, and serve.

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Scotch Mutton Broth.

31. Soak a neck of mutton in water one hour; cut off the scrag, and put it into a stew-pot with two quarts of water. As soon as it boils skim it well, and then simmer it an hour and a half; then take the best end of the mutton, cut it into pieces (two bones in each), take some of the fat off and put as many as you think proper; skim the moment the fresh meat boils up, and every quarter of an hour afterwards. Have ready four or five carrots, the same number of turnips, and three onions all cut but not small, and put them in soon enough to get quite tender; add four large spoonfuls of Scotch barley, first wetted with cold water. The meat should stew three hours. Salt to taste, and serve all together.—Twenty minutes before serving put in some chopped parsley. It is an excellent winter dish.

Veal Broth.

32. Stew a small knuckle in about three quarts of water, two ounces of rice, and a little salt, and a blade of mace, till the liquor is half wasted away.

Giblet Soup.

33. Scald and clean three or four sets of goose or duck giblets; set them to stew with a pound or two of gravy-beef, scrag of mutton, or the bone of a knuckle of veal; an ox tail, or some shanks of mutton; with three onions, a bunch of

sweet herbs, a tea-spoonful of white pepper, and a large spoonful of salt. Put five pints of water, and simmer till the gizzards (which must be each in four pieces) are quite tender; skim nicely, and add a quarter of a pint of cream, two tea-spoonfuls of mushroom powder, and an ounce of butter mixed with a dessert-spoonful of flour. Let it boil a few minutes, and serve with the giblets. It may be seasoned, instead of cream, with two glasses of sherry or Madeira, a large spoonful of ketchup, and some Cayenne. When in the tureen, add salt.

Partridge Soup.

34. Take two old partridges; skin them; and cut them into pieces, with three or four slices of ham, a stick of celery, and three large onions cut into slices. Fry them all in butter till brown, but take care not to burn them. Then put them into a stew-pan, with five pints of boiling water, a few pepper-corns, a shank or two of mutton, and a little salt. Stew it gently two hours; then strain it through a sieve, and put again into a stew-pan, with some stewed celery and fried bread; when it is near boiling, skim it, pour it into a tureen, and serve it up hot.

A Pepper Pot, to be served in a tureen.

35. To three quarts of water put vegetables according to the season; in summer, peas, lettuce, and spinach; in winter, carrots, turnips,

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celery, and onion in both. Cut small and stew with two pounds of neck of mutton, or a fowl, and a pound of pickled pork, in three quarts of water, till quite tender. On first boiling, skim. Half an hour before serving, add a lobster cleared from the bones. Season with salt and Cayenne. A small quantity of rice should be put in with the meat. Some people choose very small suet dumplings boiled with it. Should any fat rise, skim nicely, and put half a cup of water with a little flour. Pepper-pot may be made of various things, and is understood to be a due porportion of fish, flesh, fowl, vegetables, and pulse.

Old Pea Soup.

36. Save the water of boiled pork or beef; and if too salt, put as much fresh water as needful with roast-beef bones, a ham or gammon-bone, or an anchovy or two. Simmer these with some good whole or split peas; the smaller the quantity of water at first, the better. Simmer till the peas will pulp through a cullender; then set the pulp, and more of the liquor that boiled the peas, with two carrots, a turnip, a leek, and a stick of celery cut into bits, to stew till all is quite tender. The last requires less time; an hour will do for it. When ready put fried bread cut into dice, dried mint rubbed fine, pepper, and (if wanted) salt into the tureen, and pour the soup in.

37. *Another.*—Soak two quarts of dried or split

peas over night; in the morning, take three pounds of the lean of fresh beef, and a pound of bacon or pickled pork; cut them into pieces, and put them into a large soup pot with the peas (which must first be well drained) and a table-spoonful of dried mint, rubbed to powder; and five quarts of water, and boil the soup gently for three hours, skimming it well, and then put in four heads of celery cut small, or two table-spoonfuls of powdered celery-seed. It must be boiled until the peas are dissolved. Serve with toast.

Green Pea Soup.

38. In shelling the peas, divide the old from the young; put the old ones, with an ounce of butter, a pint of water, the outside leaves of a lettuce or two, two onions, pepper, and salt, to stew till you can pulp the peas; and when you have done so, put to the liquor that stewed them some more water, the hearts and tender stalks of the lettuces, the young peas, a handful of spinach cut small, and salt and pepper to relish properly, and stew till quite soft. If the soup is too thin, or not rich enough, either of these faults may be removed by adding an ounce or two of butter, mixed with a spoonful of rice or wheat-flour, and boiled with it half an hour. Before serving, boil some green mint shred fine in the soup.

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or ham-bone, &c., may be boiled with the old peas, which is called the stock. More butter than is mentioned above may be used with advantage, if the soup is required to be very rich.

When peas first come in, or are very young, the stock may be made of the shells washed, and boiled till they will pull with the above: more thickening will then be wanted.

Onion Soup.

39. Into the water that has boiled a leg or neck of mutton, put carrots, turnips, and (if you have one) a shankbone, and simmer two hours. Strain it on six onions, first sliced and fried of a light brown, simmer three hours, skim it carefully, and serve. Put into it a little roll, or fried bread.

Gravy Soup.

40. Wash and soak a leg of beef; break the bone, and set it on the fire with a gallon of water, a large bunch of sweet herbs, two large onions sliced and fried a *fine* brown (but not burnt), two blades of mace, three cloves, twenty berries of allspice, and forty black peppers. Stew till the soup is as rich as you choose; then take out the meat, which may be served with a little of the gravy. Next day take off the cake of fat; which will serve for basting, or for common pie-crust. Have ready such vegetables as you choose to serve. Cut carrots, turnips, and celery, small, and simmer till tender: some people do not like

them to be sent to table, only the flavour of them. Boil vermicelli a quarter of an hour; and add to it a large spoonful of soy, and one of mushroom-ketchup. A French roll should be made hot, put into the soup till moist through, and served in the tureen.

Scotch Leek Soup.

41. Put the water that has boiled a leg of mutton into a stew-pot, with a quantity of chopped leeks, and pepper and salt; simmer them an hour: then mix some oatmeal with a little cold water quite smooth, pour it into the soup, set it on a slow part of the fire, and let it simmer gently; but take care that it does not burn to the bottom.

Mock-Turtle Soup.

42. Boil a large calf's head one hour, take the bones out, put the meat to get cold, then cut it up in small pieces; boil two shins of beef in the same liquor as the head was boiled in with the bones of the head. Add one head of celery, two carrots, two turnips, three onions, and six cloves, then boil six hours, strain through a sieve—take off all the fat. Put half a pound of butter into a stew pan, dry it up with flour, let it stand on the stove till it gets brown, then mix in stock, add a little thyme, sweet marjoram, basil, winter savory, and a small bunch of parsley; about half a pound of lean ham cut in small

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pieces. Boil altogether for one hour; strain through a fine sieve, put in the calf's head meat, and a bottle of sherry wine, add a little Cayenne pepper, then boil altogether; skim off fat as it rises to the surface. Put in stock and use in quantities as wanted.—MR. GÆPEL, *Clarendon Hotel*, Southampton, Eng.

A Good Soup.

43. Put into a stew-mug, a leg or neck of mutton, with carrots, turnips, and one or two onions, a bunch of parsley, marjoram, and two or three quarts of water. Place the mug before the fire and let it remain there the whole day, turning it occasionally. The next day put the whole of it in a pan, and place it on a brisk fire. When it commences to boil, take the pan off the fire and put it on the hob to simmer until the meat is done. When ready for use, take out the meat, dish it up with carrots and turnips, and send it to the table. Pass the soup through a sieve, skim off the fat, and put it on the fire, with a little powdered arrowroot to thicken it. When it is sufficiently thick, pour in a little sherry wine, and season to your taste.

Colouring for Soups and Gravies.

44. Put four ounces of lump sugar, a gill of water, and half an ounce of the finest butter into a small tosser, and set it over a gentle fire. Stir it with a wooden spoon, till a bright brown.

Then add half pint of water ; boil, skim, and when cold, bottle and cork it close. Add to soup or gravy as much of this as will give a proper colour.

Oyster Soup.

45. Make a rich mutton broth, with two large onions, three blades of mace, and black pepper. When strained pour it on a hundred and fifty oysters, without the beards, and a bit of butter rolled in flour. Simmer gently a quarter of an hour, and serve.

Rich Oyster Soup.

46. Take a small can of oysters, wash them clean in their liquor and put them in a stew-pan, then strain the liquor into them free from grit, add as much milk as you require soup, simmer a quarter of an hour, but not boil ; add an ounce of butter well mixed with flour, nutmeg, Cayenne pepper, and salt to palate, a few drops of essence of lemon ; break into the whole half a dozen crackers and serve up.

Beef Broth, or French Pot-au-feu.

46. It consists in a decoction of beef, leg of veal, an old hen, carrots, turnips, leeks, celery, cloves stuck in a burnt onion, water and salt. This broth must be done gently for three hours, so that the water dissolves the mucous parts of the meat, and easily separates from the scum. It can be prepared in a *bain-marie*, and in this manner is more delicate.

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Broth of Beef, Mutton and Veal.

46. Put two pounds of lean beef, one pound of scrag of veal, one pound of scrag of mutton, sweet herbs, and ten peppercorns, into a saucepan, with five quarts of water; simmer to three quarts, and clear off the fat when cold. Add one onion, if approved.

Soup or broth made of different meats is more supporting, as well as better flavored.

To remove the fat, take off the broth, and when it is cold, if there be any still remaining, lay a bit of clean blotting-paper on the broth when in the basin and it will take up every particle. Or, if the broth is wanted before there is time to let it get cold, put a piece of cork up the narrow end of a funnel, pour the broth into it, let it stand for a few minutes, and the fat will rise to the top; remove the cork, and draw off into a basin as much of the broth as is wanted, which will be perfectly free from fat.

Chicken Broth.

47. May be made of any young fowl which is afterwards to be brought to the table; but the best sort is to be procured from an old cock or hen, which is to be stewed down to rags, with a couple of onions, seasoned with salt and a little whole pepper; skim and strain it.

Eel Broth.

48. Clean half a pound of small eels, and set

on with three pints of water, some parsley, one slice of onion, and a few peppercorns; let them simmer till the eels are broken, and the broth good, or reduced to a pint and a half. Add salt, and strain it off. It is very nutritious.

Beef Tea.

49. Cut one pound of fleshy beef in thin slices; simmer with a quart of water an hour and a half after it has once boiled and been skimmed. Season, if approved; but it wants generally only a little salt.

50. *Another*, (very grateful in convalescence when there is a tendency to diarrhoea). Put into a preserving jar alternate layers of beef, cut into small pieces, and sliced turnips; when the jar is filled, place it into a water bath or slow oven, and let it remain for two or three hours; then drain off all the tea, using a little pressure to assist the operation, and let it stand till cold, when any fat may be taken off, if wanted directly, it may be removed while hot with silver paper.

Teakettle Broth.

51. Cut some small squares of crumb of bread into a broth basin, and some finely-chopped parsley, with enough of salt to flavour it; pour over it some boiling water, softening the whole with a spoonful or two of cream or milk. Some invalids like the flavour of mint, and peas when in season; and if this can be allowed by the medi-

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cal man, the water used must have a few young peas, or pea-pods, and a leaf of mint boiled in it, before pouring it over the bread ; without this addition, it is often much liked by invalids, as being so free from grease, and so clean-tasting. A little clear gravy may sometimes be added with advantage. Season to palate.

Broth for Invalids.

52. Take six pounds of shin of beef, six pounds of any white meat, seasoned, and an onion, if liked ; put it in a stone jar, and tie down with bladder ; let it boil twelve hours in a large saucepan of water, then strain it off. A tea or table-spoonful is enough for an invalid, if taken several times during the day. What remains after the soup has been strained makes excellent common stock with additional water.

Directions for Gravies.

53. Gravy may be made quite as good of the skirt of beef, and the kidney, as of any other meat, if prepared in the same way.

An ox-kidney, or milt, makes good gravy, cut all to pieces, and prepared as other meat ; and so will the shank end of mutton that has been dressed.

The shank-bones of mutton are a great improvement to the richness of gravy ; but first soak them well, and scour them clean.

Tarragon gives the flavour of French cookery,

and in high gravies is a great improvement; but it should be added only a short time before serving.

Clear Gravy.

54. Slice beef thin; broil a part of it over a very clear quick fire, just enough to give colour to the gravy, but not to dress it: put that and the raw into a very nicely tinned stew-pan, with two onions, a clove or two, whole black peppers, berries of allspice, and a bunch of sweet herbs: cover it with hot water, give it one boil, and skim it well two or three times; then cover it, and simmer till quite strong.

Gravy for a Fowl when there is no meat to make it of.

55. Wash the feet nicely, and cut them and the neck small; simmer them with a little bread browned, a slice of onion, a bit of parsley and thyme, some pepper and salt, and the liver and gizzard, in a quarter of a pint of water, till half-wasted. Take out the liver, bruise it, and strain the liquor to it. Then thicken it with flour and butter, add a tea-spoonful of mushroom ketchup, and it will be very good.

Gravy to make Mutton eat like Venison.

56. Pick a very stale woodcock, or snipe, cut it to pieces (but first take out the bag from the entrails), and simmer with as much unseasoned meat gravy as you will want. Strain it, and serve in the dish.

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PART II.

SAUCES.

ONE of our greatest modern cooks (SOYER) places his Stock, for Sauces, principally in *butter*. Now, butter, with all due respect to Mons. Soyer's opinion, is not the important essential preparation which cooks in general use in culinary operations, in this country. We prefer using the gravies of meats, which, with the addition of onion, parsley, or any other kitchen herb, tinctures the gravy or sauce according to the palate. Nevertheless, we here give a variety of sauces as prepared by Soyer, and other eminent cooks. The majority of them are composed of ingredients, some of which are not always available in this country, it is true, but the other portions of their constituent parts will not only be found useful, but accessible, by every family.

Melted Butter.

1. Take two ounces, of butter, and two ounces of flour, half a tea-spoonful of salt, a quarter that of pepper, mixed together with a spoon, put into a quart pan, with a pint of cold water; place it on the fire, and stir continually; take it out when it begins to simmer, then add one more ounce of butter, stir till melted, and it is ready for use, or as the foundation of the following sauces:—

2. *Another.*—One ounce of butter, one and a half of flour, a little more salt, pepper, and a gill more water; simmer, and serve.

Melted butters may be improved by adding half a table-spoonful of vinegar.

With half of the above quantity make the following sauces. Each ingredient to be mixed in the saucepan. Stir and serve when nearly boiling.

SERIES OF SAUCES.

Anchovy Sauce.—Add two table-spoonfuls of essence of anchovies, and mix well.

Harvey's Sauce.—The same of Harvey's sauce.

Soyer's Relish.—The same of Soyer's relish.

Soyer's Mustard Sauce.—One tea-spoonful of Soyer's mustard

Chili Vinegar.—Three tea-spoonfuls of Chili vinegar.

Egg Sauce.—Two hard-boiled eggs cut in dice and added.

Fennel Sauce.—The same of chopped fennel.

Parsley and Butter.—The same of chopped parsley.  Used for the various purposes of fish, poultry, and fresh boiled meats.

Mild Onion Sauce.—Boil four onions in salt and water, take them out, chop them up, and add them to the above with a little more salt, and a tea-spoonful of sugar, and a little milk or cream.

Sage and Onion.—To the above, a table-spoonful of chopped green sage and a little more pepper.

White Sauce.—The yolk of an egg, and mix with milk or cream instead of water. A blade of mace is an improvement when boiling, and stir.

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Caper Sauce.—Two table-spoonfuls of chopped capers added: if no capers, use pickled gherkins.

Celery Sauce.—Boil in a half-pint of white gravy, if handy, if not, water, one fine head of celery, cut in one inch lengths and well washed, —it will take about twenty minutes,—add it to the melted butter. The yolk of an egg beat up and stirred in, is an improvement; it may require a little more salt. Serve with poultry.

Cucumber Sauce.—Cut up two cucumbers lengthways, remove the seeds, cut them in one inch pieces, boil them in a gill of white gravy, with salt and pepper, add it to the melted butter; simmer and serve. Sugar is an improvement.

Brown Sauce.

3. Put a quarter of a pound of butter and eight ounces of flour in a saucepan, and set it on a slow fire; keep stirring for ten minutes, or till light brown, then take it off and let it get nearly cold, then pour over sufficient brown stock, No. 3, to make it a nice thickness, or like thinnish melted butter; then boil for half an hour, skim, strain it into a basin, and use where and when required. If you have this sauce by you, use it instead of melted butter for brown sauces. To make it darker, a little colouring may be added.

White Sauce.

4. Put into a convenient sized stewpan four ounces of butter, and eight ounces of flour; set

on the fire, keep stirring as above; take the pan from the fire and stir until nearly cool, then pour on sufficient white stock, No. 1, until it is a nice consistency, put it on the fire and boil for a quarter of an hour; keep stirring continually; pass it through a sieve, and keep for use.

Half a pint of boiled milk will make it look whiter.

This sauce, when handy, is the foundation of all white sauces, for celery, cauliflower, mushroom, cucumber, vegetable marrow, &c., or any white sauces, instead of using melted butter. Observe that these two preceding sauces belong to a higher class of cookery.

A very good Sauce, especially to hide the bad colour of Fowls.

5. Cut the livers, slices of lemon in dice, scalded parsley and hard eggs: add salt, and mix them with butter, boil them up, and pour over the fowls. This will do for roast rabbit.

White Sauce for Fricassee of Fowls, Rabbits, White Meat, Fish or Vegetables.

6. It is seldom necessary to buy meat for this favourite sauce, as the proportion of that flavour is but small. The water that has boiled fowls, veal, or rabbit; or a little broth, that may be in the house; or the feet and necks of chicken, or raw or dressed veal, will suffice. Stew with a little water any of these, with a bit of lemon-peel, some sliced onion, some white pepper-corns, a

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little pounded mace, or nutmeg, and a bunch of sweet herbs, until the flavour be good, then strain it, and add a little good cream, a piece of butter, and a *little* flour : salt to your taste. A squeeze of lemon may be added after the sauce is taken off the fire, shaking it well. Yolk of egg is often used in fricassee, but if you have any cream it is better ; and the former is apt to curdle.

Sauce for Wild Fowl.

7. Simmer a tea-cupful of port wine, the same quantity of good meat gravy, a little shalot, a little pepper, salt, a grate of nutmeg, and a bit of mace, for ten minutes ; put in a bit of butter, and flour, give it all one boil, and pour it through the birds. In general they are not stuffed as tame, but may be done so if liked.

Another for the same, or for Ducks.

8. Serve a rich gravy in the dish : cut the breast into slices, but don't take them off ; cut a lemon, and put pepper and salt on it ; then squeeze it on the breast, and pour a spoonful of gravy over before you help.

Sauce for cold Fowl, or Partridge.

9. Rub down the yolks of two eggs, boiled hard, an anchovy, two dessert-spoonfuls of oil, three of vinegar, a shalot, cayenne if approved, and a tea-spoonful of mustard. All should be pounded before the oil is added. Then strain it. Shalot-vinegar instead of shalot, eats well.

An excellent Sauce for Carp, or boiled Turkey.

10. Rub half a pound of butter with a tea-spoonful of flour, put to it a *little* water, melt it, and add near a quarter of a pint of thick cream, and half an anchovy chopped fine, not washed: set it over the fire; and as it boils up, add a large spoonful of India soy. If that does not give it a fine colour, put a little more. Turn it into the sauce tureen, and put some salt and half a lemon: stir well to hinder it from curdling.

Sauce for Fowl of any sort.

11. Boil some veal gravy, pepper, salt, the juice of a Seville orange and a lemon, and a quarter as much of port wine as of gravy: pour it into the dish, or a boat.

Hotel Keepers' Sauce.

12. Put a piece of butter into a saucepan with some hashed parsley, some tarragon leaves, one or two leaves of balm, with salt, lemon, or a glass of verjuice; mix the whole with a wooden spoon, until they are well incorporated.

A very fine Mushroom Sauce, for Fowls or Rabbits.

13. Wash and pick a pint of young mushrooms, and rub them with salt, to take off the tender skin. Put them into a saucepan with a little salt, some nutmeg, a blade of mace, a pint of cream, and a good piece of butter rubbed in flour.

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Boil them up, and stir them till done; then pour it round the chickens, &c. Garnish with lemon.— If you cannot get fresh mushrooms, use pickled ones done white, add a little mushroom powder with the cream, &c.

Lemon white Sauce for boiled Fowls.

14. Put the peel of a small lemon, cut very thin, into a pint of sweet rich cream, with a sprig of lemon-thyme, and ten white pepper-corns. Simmer gently till it tastes well of the lemon: then strain it; and thicken it with a quarter of a pound of butter, and a dessert-spoonful of flour rubbed in it. Boil it up; then pour the juice of the lemon strained into it, stirring it well. Dish the chickens, and then mix a little white gravy, quite hot, with the cream, but don't boil them together; and salt to your taste.

Liver Sauce.

15. Chop boiled liver of rabbits or fowls, and do it as directed for lemon sauce, No. 31, with a very little pepper and salt, and some parsley.

To make Parsley Sauce when no Parsley-leaves are to be had.

16. Tie up a little parsley-seed in a bit of clean muslin and boil it ten minutes in some water. Use this water to melt the butter; and throw into it a little boiled spinach minced, to look like parsley.

Onion Sauce.

17. See among SOYER'S sauces, No. 2, serve for boiled rabbits, partridges, scrag or knuckle of veal, or roast mutton. A turnip boiled with the onions makes them milder.

Clear Shalot Sauce.

18. Put a few chopped shalots into a little gravy boiled clear, and near half as much vinegar, season with pepper and salt: boil half an hour.

Green Sauce, for green Geese, or Ducklings.

19. Mix a quarter of a pint of sorrel-juice, a glass of white wine, and some scalded gooseberries. Add sugar, and a bit of butter. Boil them up.

Bread Sauce.

20. Boil a large onion, cut into four, with some black peppers and milk, till the onion is quite a pap. Pour the milk strained on grated white stale bread, and cover it. In an hour put it into a saucepan, with a good piece of butter, mixed with a little flour; boil the whole up together, and serve.

Dutch Sauce, for Meat or Fish.

21. Put six spoonfuls of water, and four of vinegar, into a saucepan, warm and thicken it with the yolks of two eggs. Make it quite hot, but do not boil it: squeeze in the juice of half a lemon, or a little vinegar, and strain it through a sieve.

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Sauce Robart, for Rumps or Steaks.

22. Put a piece of butter, the size of an egg, into a saucepan, set it over the fire, and when browning throw in a handful of sliced onions cut small; fry them brown, but don't let them burn; add half a spoonful of flour, shake the onions in it, and give it another fry: then put four spoonfuls of gravy and some pepper and salt, and boil it gently ten minutes; skim off the fat; add a tea-spoonful of made mustard, a spoonful of vinegar, and the juice of half a lemon; boil it all, and pour it round the steaks. They should be of a fine yellow brown, and garnished with fried parsley and lemon.

The old Currant Sauce for Venison.

23. Boil an ounce of dried currants in half a pint of water, a few minutes; then add a small tea-cupful of bread-crumbs, six cloves, a glass of port wine, and a bit of butter. Stir it till the whole is smooth.

Sauce for Fish Pies, where cream is not ordered.

24. Take equal quantities of white wine not sweet, vinegar, oyster-liquor, and mushroom ketchup; boil them up with an anchovy; strain; and pour it through a funnel into the pie after it is baked.

25. *Another.*—Chop an anchovy small, and boil it up with three spoonfuls of gravy, a quarter of a pint of cream, and a bit of butter and flour.

Tomato Sauce for hot or cold Meats.

26. Put tomatoes, when perfectly ripe, into an earthen jar; and set it in an oven, when not too hot, till they are quite soft; then separate the skins from the pulp; and mix this with capsicum-vinegar, and a few cloves of garlic pounded, which must both be proportioned to the quantity of fruit. Add powdered ginger and salt to your taste. Some white-wine vinegar and Cayenne may be used instead of capsicum-vinegar. Keep the mixture in small wide-mouthed bottles, well corked, and in a dry cool place.

Apple Sauce for Goose and roast Pork.

27. Pare, core, and slice, some apples; and put them in a stone jar, into a saucepan of water, or on a hot stove. If on a stove, let a spoonful or two of water be put in to hinder them from burning. When they are done, bruise them to a mash, and put to them a bit of butter the size of a nutmeg, and a little brown sugar. Serve it in a sauce-tureen.

Hotel Keeper's Butter.

28. This is very simple and good, and will keep potted for a long time. It is excellent with all broiled meats. Put on a plate a quarter of a pound of fresh butter, a quarter of a spoonful of salt, a quarter ditto of pepper, two of chopped parsley, the juice of a middle sized lemon (if no lemon, use vinegar); a little grated nutmeg may be added.

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Sauce for a Roasted Goose.

29. Put into a saucepan a table-spoonful of made mustard, half a tea-spoonful of Cayenne pepper, a glass of port wine, and a gill of gravy; mix, and warm, and pour it through a slit in the apron into the body of the goose, just before serving.

Benton Sauce, for hot or cold roast Beef.

30. Grate, or scrape very fine, some horse-radish, a little made mustard, some pounded white sugar, and four large spoonfuls of vinegar. Serve in a saucer.

Lemon Sauce.

31. Cut thin slices of lemon into very small dice, and put them into melted butter; give it one boil, and pour it over boiled fowls.

Carrier-sauce for Mutton.

32. Chop six shalots fine; and boil them up with a gill of gravy, a spoonful of vinegar, some pepper and salt. Serve in a boat.

A very fine Fish Sauce.

33. Put into a very nice tin saucepan a pint of fine port wine, a gill of mountain, half a pint of fine walnut ketchup, twelve anchovies, and the liquor that belongs to them, a gill of walnut pickle, the rind and juice of a large lemon, four or five shalots, some Cayenne to taste, three ounces of scraped horse-radish, three blades of

mace, and two tea-spoonfuls of made mustard; boil it all gently, till the rawness goes off; then put it into small bottles for use. Cork them very close, and seal the top.

Fish Sauce without Butter.

34. Simmer very gently a quarter of a pint of vinegar and half a pint of soft water, with an onion, half a handful of horse-radish, and the following spices lightly bruised; four cloves, two blades of mace, and half a tea-spoonful of black pepper. When the onion is quite tender, chop it small with two anchovies, and set the whole on the fire to boil for a few minutes, with a spoonful of ketchup. In the meantime have ready, and well-beaten, the yolks of three fresh eggs; strain them, mix the liquor by degrees with them, and when well mixed, set the saucepan over a gentle fire, keeping a basin in one hand, into which toss the sauce to and fro, and shake the saucepan over the fire, that the eggs may not curdle. Don't boil them, only let the sauce be hot enough to give it the thickness of melted butter.

Caper Sauce.

35. Put twelve table-spoonfuls of melted butter into a stew pan, place it on the fire, and when on the point of boiling, add one ounce of fresh butter, and one table-spoonful of capers; shake the stewpan round over the fire until the butter is melted, add a little pepper and salt, and serve where directed.

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Caper Sauce, White.

36. Put whole capers into melted butter, adding a little of the vinegar they are pickled in, a pinch of salt, and sufficient cream to make it white. This is used principally for boiled mutton.

An excellent substitute for Caper Sauce.

37. Boil slowly some parsley, to let it become a bad colour, cut but *don't chop it fine*; put it to melted butter, with a tea-spoonful of salt, and a dessert-spoonful of vinegar. Boil up and serve.

38. *Another.*—To melted butter (No. 1,) add finely chopped pickled nasturtions, (No. 53.) Serve with boiled leg of mutton.

Oyster Sauce.

39. Save the liquor in opening the oysters; and boil it with the beards, a bit of mace, and lemon-peel. In the meantime throw the oysters into cold water, and drain it off. Strain the liquor, and put it into a saucepan with them, and as much butter, mixed with a little milk, as will make sauce enough; but first rub a little flour with it. Set them over the fire, and stir all the time: and when the butter has boiled once or twice, take them off, and keep the saucepan near the fire, but not on it: for if done too much, the oysters will be hard. Squeeze a little lemon-juice, and serve. A little cream is a great improvement. Observe, the oysters will thin the sauce, so put butter accordingly.

Lobster Sauce.

40. Pound the spawn, and two anchovies; pour on them two spoonfuls of gravy; strain all into some melted butter (No. 1): then put in the meat of the lobster, give it all one boil, and add a squeeze of lemon.

41. *Another.*—Leave out the anchovies and gravy; and do it as above, either with or without a little salt and ketchup, as you like. Many prefer the flavour of the lobster and salt only.

Egg Sauce.

42. Boil the eggs hard, cut them in small dice, and put the pieces into melted butter. The yolk may, however, be crushed to a powder, and used to thicken the butter. Or, if a more savory sauce is required, boil two eggs hard, mince them very fine, add a third portion of grated ham or tongue, a very little white pepper, and the juice of a lemon; warm it up in melted butter. It is chiefly used for roast fowl and salt codfish.

Sauce for Rump-Steak.

43. Take equal parts of ale, red wine, and ketchup, a piece of butter, and a little pepper, with a tea-spoonful of garlic vinegar; stir these over the fire in a small saucepan, and pour it very hot upon the steak. It will form a pleasant addition to the gravy of any roast meat, and can be made in a few minutes.

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Mint Sauce for Roast Lamb.

44. Pick mint leaves off the stalks; wash and dry them carefully; chop them with a sharp knife very quickly, to preserve their green color; put it into a boat; add sufficient vinegar to make it liquid, and powdered sugar to take off the acidity of the vinegar.

To make Mustard.

45. Mix the best Durham flour of mustard by degrees with water to a proper thickness, rubbing it perfectly smooth; add a little salt, and keep it in a small jar close covered; put only as much into the glass as will be used each meal.

Mustard Sauce.

46. Put in a stewpan four table-spoonfuls of chopped onions, with half an ounce of butter, put on the fire and stir till it gets rather hot, add half a tea-spoonful of flour, mixed well, also half a pint of milk or broth; let the whole boil ten minutes, season with half a tea-spoonful of salt, a quarter that of pepper, a little sugar, and two tea-spoonfuls of French or English mustard; when it boils it is ready.

Curry Sauce.

47. Peel and cut two middling-sized onions in slices, one apple cut in dice, and two ounces of bacon; put them into an iron stew pan, with one ounce of butter or fat; put on the fire, stir

round for five or six minutes, then add three tea-spoonfuls of flour, and one of curry powder, mixed well; moisten with a pint of milk, half a tea-spoonful of salt, and one of sugar; boil till rather thick, and serve over any article suitable for its use.

Vingaret, for cold Fowl, or Meat.

48. Chop mint, parsley, and shalot, mix with salt, oil, and vinegar. Serve in a boat.

Shalot Vinegar.

49. Split six or eight shalots; put them into a quart bottle, and fill it up with vinegar, stop it, and in a month it will be fit for use.

Camp Vinegar.

50. Slice a large head of garlic; and put it into a wide-mouthed bottle, with half an ounce of Cayenne, two tea-spoonfuls of real soy, two of walnut ketchup, four anchovies chopped, a pint of vinegar, and enough cochineal to give it the colour of lavender-drops. Let it stand six weeks; then strain off quite clear, and keep in small bottles sealed up.

Sugar Vinegar.

51. To every gallon of water put two pounds of the very coarsest sugar, boil and skim thoroughly, then put one quart of cold water for every gallon of hot. When cool, put into it a toast spread with yeast. Stir it nine days; then

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barrel, and set it in a place where the sun will strike on it, with a bit of glass on the bung-hole. Make it in March; it will be ready in six months. When sufficiently sour, it may be bottled, or may be used from the cask with a wooden spigot and faucet.

Cucumber Vinegar.

52. Pare and slice fifteen large cucumbers and put them in a stone jar, with three pints of vinegar, four large onions sliced, two or three shalots, a little garlic, two large spoonfuls of salt, three tea-spoonfuls of pepper, and half a tea-spoonful of Cayenne. After standing four days give the whole a boil; when cold, strain, and filter the liquor through paper. Keep in small bottles to add to salad, or eat with meat.

Nasturtions, for Capers.

53. Keep them a few days after they are gathered, then pour boiling vinegar over them, and when cold, cover. They will be fit to eat in a few weeks, are finely flavoured, and by many preferred to capers.

Mushroom Powder.

54. Wash half a peck of large mushrooms while quite fresh, and free them from grit and dirt with flannel, scrape out the black part clean, and do not use any that are worm-eaten, put them into a stewpan over the fire without water, with two large onions, some cloves, a quarter of an ounce of mace, and two spoonfuls of white pepper, all

in powder: simmer and shake them till all the liquor be dried up, but be careful they do not burn. Lay them on tins or sieves in a slow oven till they are dry enough to beat to powder, then put the powder in small bottles, corked, and tied closely, and keep in a dry place.—A tea-spoonful will give a very fine flavour to any soup or gravy, or any sauce; and it is to be added just before serving, and one boil given to it after it is put in.

Kitchen Pepper.

55. Mix in the finest powder one ounce of ginger; of cinnamon, black pepper, nutmeg, and Jamaica pepper, half an ounce of each; ten cloves, and six ounces of salt. Keep it in a bottle; it is an agreeable addition to any brown sauce or soup.

Anchovy Sauce.

56. Chop one or two anchovies without washing, put them to some flour and butter, and a little drop of water; stir it over the fire till it boils once or twice. When the anchovies are good, they will be dissolved; and the colour will be better than by the usual way.

Essence of Anchovies.

57. Take two dozen of anchovies, chop them, and without the bone, but with some of their own liquor strained, add them to sixteen large spoonfuls of water; boil gently till dissolved, which will be in a few minutes—when cold,

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Anchovy Butter.

58. To a quarter of a pound of butter, two table-spoonfuls of anchovy sauce.

Shrimp Sauce.

59. Pick a sufficient quantity of shrimps; put them to melted butter (No. 1), thick and smooth, give them one boil, and add the juice of a lemon.

60. *Another.*—Pick half a pint of shrimps, and boil the skins in a gill of water for fifteen minutes; strain the water, and add it, with the flesh of the shrimps, to half a pint of melted butter, and simmer for a few minutes. Add a little anchovy.

Little Eggs for Turtle.

61. Beat three hard yolks of eggs in a mortar, and make into a paste with the yolk of a raw one, roll it into small balls, and throw them into boiling water for two minutes to harden.

Rice Edging, for a Currie, or Fricassee.

62. After soaking and picking fine Carolina rice, boil it in water, and a little salt, until tender, but not to a mash; drain, and put it round the inner edge of the dish, to the height of two inches; smooth it with the back of a spoon, and wash it over with yolk of egg, and put it into the oven for three or four minutes, then serve the curried meat in the middle.

Forcemeat,

63. Whether in the form of stuffing-balls, or for patties, makes a considerable part of good cooking, by the flavour it imparts to whatsoever dish it is added, if properly made. Exact rules for the quantity cannot easily be given; but the following observations may be useful, and habit will soon give knowledge in mixing it to the taste. At many tables, where every thing else is well done, it is common to find very bad stuffing.

According to what it is wanted for, should be the selection from the following list, observing that of the most pungent articles, least must be used. No one flavour should predominate greatly; yet, if several dishes be served the same day, there should be a marked variety in the taste of the forcemeat, as well as of the gravies. It should be consistent enough to cut with a knife, but not dry and heavy.

FORCEMEAT INGREDIENTS.

Cold fowl or veal.
Scraped ham.
Fat bacon.
Beef suet.
Crumbs of bread.
Parsley.
White pepper.
Salt.
Nutmeg.
Yolk and white of eggs
well beaten, to bind the
mixture.

Oysters.
Anchovy.
Tarragon.
Savoury.
Pennyroyal.
Knotted marjoram.
Thyme.
Basil.
Yolks of hard eggs.
Cayenne.
Garlick.
Shalot.
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Jamaica pepper, in fine
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64. Shred a little ham, or gammon, some cold veal, or fowl, some beef suet; a small quantity of onion, some parsley, very little lemon-peel, salt, nutmeg, or pounded mace, and either white pepper, or Cayenne, and bread crumbs.

Pound it in a mortar, and bind it with one or two eggs beaten and strained. For forcemeat patties, the mixture as above.

Browning for Sauces.

65. Put half a pound of brown sugar into an iron saucepan, and melt it over a moderate fire for about twenty-five minutes, stirring it continually, until quite black, but it must become so by degrees, or too sudden a heat will make it bitter, then add two quarts of water, and in ten minutes the sugar will be dissolved. Bottle for use.

Sauce for roasting Pig.

66. Chop the brains a little, put in a tea-spoonful of white gravy, that runs from the pig, and a small piece of anchovy. Mix them with about half a pound of butter, and as much flour as will thicken the gravy, a slice of lemon, a spoonful of white wine, some caper-liquor and a little salt. Shake it over the fire, and pour it into the dish.

Or broil a few currants, and send them up, with a glass of currant jelly in the middle.

PART III.

FISH.

OBSERVATIONS ON THE MODE OF PURCHASING, PRESERVING AND DRESSING FISH.

PERSONS, in purchasing fish, should first ascertain that it is fresh; this may be done by examining the eyes and gills, which, as a general rule, if fresh, will be bright and red; if stale, the eye will be dull and the gill will have turned to a brownish colour, and slimy; and the fish become soft and flabby.

Care should be taken to clean the fish very nicely in hard water, (without too much washing to soften it.) By placing fish into salt and water for one hour before boiling, it will become firm and eat more solid.

The fish must be put into cold water and set to do very gently, or the outside will break before the inner part is done.

Crimp fish should be put into boiling water; and when it boils up, pour a little cold water in, to check extreme heat, and simmer it a few minutes.

The fish must be taken out of the boiler as soon as it is done, it will leave the bone when it is ready. The fish-plate should be set crossways

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over the kettle, to keep hot for serving; and a clean cloth over the fish to prevent it losing its colour.

Small fish nicely fried, covered with egg and crumbs, make a dish far more elegant than if served plain.—Great attention should be paid to garnishing fish: use plenty of horse-radish, parsley, and lemon.

When well done, and with a very good sauce, fish is more attended to than any other dish. The liver and roe should be placed on the dish, so that the lady may see them, and help a part to every one.

If fish is to be fried or broiled, it must be wrapt in a nice soft cloth after it is well cleansed and washed—When perfectly dry, wet with an egg if for frying, and sprinkle the finest crumbs of bread over it; if done a second time with the egg and bread, the fish will look much better; then have a thick-bottomed frying-pan on the fire, with a large quantity of lard or dripping boiling-hot, plunge the fish into it, and let it fry middling quick, till the colour is a fine brown yellow, and it is judged ready.

The same dripping, with a little fresh, will serve a second time. Butter gives a bad colour, oil fries of the finest colour for those who will allow the expense.

Garnish with a fringe of curled raw parsley, or parsley fried, which must be thus done: When washed and picked, throw it again into

clean water; when the lard or dripping boils, throw the parsley into it immediately from the water, and instantly it will be green and crisp, and must be taken up with a slice: this may be done after the fish is fried.

If fish is to be broiled, it must be seasoned, floured, and put on a gridiron that is very clean; which, when hot, should be rubbed with a bit of suet to prevent the fish from sticking. It must be broiled on a very clear fire, that it may not taste smoky; and not too near, that it may be scorched.

Strong Fish Gravy.

1. Skin two or three eels, gut and wash them very clean; cut them into small pieces, and put into a saucepan. Cover them with water, and add a little crust of bread toasted brown, two blades of mace, some whole pepper, sweet herbs, a piece of lemon-peel, an anchovy or two, and a tea-spoonful or two of horseradish. Cover close, and simmer; add a bit of butter and flour, and boil with the above.

Very fine Forcemeat-balls for Fish Soups, or Fish Stewed, on maigre days.

2 Beat the flesh and soft parts of a middling lobster, half an anchovy, a large piece of boiled celery, the yolk of a hard egg, a little Cayenne, mace, salt, and white pepper, with two table-spoonfuls of bread crumbs, one ditto of oyster liquor, two ounces of butter warmed, and two beaten eggs: make into balls, and fry brown.

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To boil Turbot.

3. The fish-kettle must be of a proper size, and in the nicest order. Set the fish in cold water sufficient to cover it completely, throw a handful of salt and a glass of vinegar into it, and let it gradually boil: but skim it well, and preserve the beauty of the colour.

Serve it garnished with a complete fringe of curled parsley, lemon, and horse radish.

The sauce must be the finest lobster, and anchovy butter, and plain butter, served plentifully in separate tureens.

To boil Salmon.

4. Clean it carefully, boil it gently and take it out of the water as soon as done. Let the water be warm if the fish be split. If underdone it is very unwholesome. Serve with shrimp or anchovy-sauce.

To broil Salmon.

5. Cut slices an inch thick, and season with pepper and salt; lay each slice in half a sheet of white paper well buttered, twist the ends of the paper, and broil the slices over a slow fire six or eight minutes. Serve in the paper with anchovy sauce.

To pot Salmon.

6. Take a large piece, scale and wipe, but do not wash it; salt very well, let it lie till the salt is melted and drained from it, then season with beaten mace, cloves, and whole pepper: lay in a

few bay-leaves, put it close into a pan, cover it over with butter, and bake it; when well done, drain it from the gravy, put it into the pots to keep, and when cold cover it with clarified butter. In this manner you may do any firm fish.

An excellent dish of dried Salmon.

7. Pull some into flakes; have ready some eggs boiled hard, and chopped large; put both into half a pint of thin cream, and two or three ounces of butter rubbed with a tea-spoonful of flour; skim it and stir till boiling hot; make a wall of mashed potatoes round the inner edge of a dish, and pour the above into it.

To pickle Salmon.

8. Boil as before directed, take the fish out, and boil the liquor with bay-leaves, pepper-corns, and salt; add vinegar, when cold, and pour it over the fish.

Salmon collared.

9. Split such a part of the fish as may be sufficient to make a handsome roll, wash and wipe it, and having mixed salt, white pepper, pounded mace and Jamaica pepper, in quantity to season it very high, rub it inside and out well. Then roll it tight and bandage it, put as much water and one-third vinegar as will cover it, add bay-leaves, salt and both sorts of pepper. Cover close, and simmer till done enough. Drain and boil quick the liquor, and put on when cold. Serve with fennel. It is an elegant dish, and extremely good.

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Cod.

10. Some people boil the cod whole; but a large head and shoulders contain all the fish that is proper to help, the thinner parts being overdone and tasteless, before the thick are cooked; the lower half, if sprinkled and hung up, will be in high perfection one or two days; or it may be made salter, and served with egg-sauce, potatoes, and parsnips. Cod, if boiled quite fresh is watery; but eats excellently if salted and hung up for a day to give it firmness, then stuffed and broiled, or boiled.

Cod's Head and Shoulders,

11. Will eat much finer by having a little salt rubbed down the bone, and along the thick part, even if to be eaten the same day.

Tie it up, and put it on the fire in cold water which will completely cover it; throw a handful of salt into it. Garnish with a large quantity of double parsley, lemon, horse-radish, and the milt, roe, and liver.

Serve with Fish-sauce, No. 33, oyster or shrimp-sauce, and anchovy and butter.

Cod Sounds boiled.

12. Soak them in warm water half an hour, then scrape and clean; if to be dressed white, boil them in milk and water; when tender serve them in a napkin with egg-sauce. The salt must not be much soaked out, unless for fricassee.

Cod Sounds to look like small Chickens.

13. *A good maigre-day dish.*—Wash three large sounds nicely, and boil in milk and water, but not too tender; when cold, put a forcemeat of chopped oysters, crumbs of bread, a bit of butter, nutmeg, pepper, salt, and the yolk of two eggs; spread it thin over the sounds, and roll up each in the form of a chicken, skewering it; then lard them as you would chickens, dust a little flour over, and cook them in a slow oven. When done enough pour over them oyster-sauce No. 39. Serve for side of dish.

To broil Cod Sounds.

14. Scald in hot water, rub well with salt, pull off the dirty skin, and put them to simmer till tender; take them out, flour, and boil. While this is being done, season a little brown gravy with pepper, salt, a tea-spoonful of soy, and a little mustard: give it a boil with a bit of flour and butter, and pour it over the sounds.

To dress salt Cod.

15. Soak and clean the piece you mean to dress, then lay it all night in water, with a glass of vinegar. Boil it enough, then break it into flakes on the dish; pour over it parsnips boiled, beaten in a mortar, and then boiled up with cream and a large piece of butter rubbed with a bit of flour. It may be served as above with egg-sauce No. 2, instead of the parsnip, and the root sent up whole; or the fish may be boiled and sent up without flaking, and sauce as above.

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Curry of Cod.

16. Should be made of sliced cod, that has either been crimped or sprinkled a day to make it firm. Fry it of a fine brown with onion, and stew it with a good white gravy, a little curry-powder, a bit of butter and flour, three or four spoonfuls of rich cream, salt, and Cayenne, if the powder be not hot enough.

Whitings, Fresh,

17. Should be merely cleaned, cut on each side, rubbed over with salt, pepper, and flour, and broiled for seven to ten minutes. Serve with melted butter, or without, adding a little vinegar or lemon in the sauce.

Ling, Fresh.

18. Take about a pound of ling, cut it into slices of about three-quarters of an inch thick, rub it with pepper and salt, and put it on the gridiron over a clear fire; in about ten minutes it will be done. Serve it plain, or with a little melted butter and chopped parsley, lemon or vinegar, or with a little piece of the liver chopped up and boiled in the sauce.

Halibut, cod, salmon, or almost every other kind of fish may be cooked the same way, either over or before the fire.

An excellent Imitation of pickled Sturgeon.

19. Take a fine large turkey, but not old: pick it very nicely, singe, and make it extremely clean: bone and wash it, and tie it across and

across with a bit of mat-string washed clean. Put into a very nice tin sauce-pan a quart of water, a quart of vinegar, a quart of white (not sweet) wine, and a very large handful of salt; boil and skim it well, then boil the turkey. When done enough tighten the strings, and lay upon it a dish with a weight of two pounds.

Boil the liquor half an hour; and when both are cold, put the turkey into it. This will keep some months, and eats more delicately than sturgeon; vinegar, oil, and sugar, are usually eaten with it. If more vinegar or salt should be wanted, add when cold. Strew fennel over it and serve.

To dress fresh Sturgeon.

20. Cut slices, rub egg over them, then sprinkle with crumbs of bread, parsley, pepper, salt; fold them in paper, and broil gently.

Sauce No. 33; or butter, anchovy, and soy.

21. *Another.*—Put a piece of butter, rolled in flour, into a stew pan with four cloves, a bunch of sweet herbs, two onions, some pepper and salt, half a pint of water, and a glass of vinegar. Set it over the fire till hot; then let it become lukewarm, and steep the fish in it an hour or two. Butter a paper well, tie it round, and bake it. Serve with sorrel and anchovy-sauce.

Boiled Carp.

22. Serve in a napkin, and with sauce which you will find directed for it under the article Stewed Carp, No. 23.

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Stewed Carp.

23. Scald and clean, take care of the roe, &c., lay the fish in a stewpan, with a rich beef gravy, an onion, eight cloves, a dessert-spoonful of Jamaica pepper, the same of black, a fourth part of the quantity of gravy of port (cider may do); simmer close covered: when nearly done add two anchovies chopped fine, a dessert-spoonful of made mustard, and some fine walnut ketchup, a bit of butter rolled in flour, shake it, and let the gravy boil a few minutes: Serve with sippets of fried bread, the roe fried, and a good deal of horse radish and lemon.

Perch and Tench.

24. Put them into cold water, boil them carefully, and serve with melted butter and soy. Perch are a most delicate fish. They may be either fried or stewed, but in stewing they do not preserve so good a flavour.

Trout, to broil.

25. When your fish is clean washed and well dried, tie it round with pack-thread, to keep its shape entire; melt some butter, with a good deal of basket salt, and cover the trout with it, put on a clear fire at a good distance, and broil it gradually. Wash and bone an anchovy, cut it small, and chop some capers; melt some butter with a little flour, pepper, salt, nutmeg, and half a spoonful of vinegar. Pour this over the trout, and serve it hot.

Trout, to boil.

26. They must be boiled according to the general directions, and served up with anchovy sauce and plain butter.

To fry Trout and Grayline.

27. Scale, gut, and wash well; then dry them, and lay them separately on a board before the fire, after dusting some flour over them. Fry them of a fine colour with fresh dripping; serve with crimp parsley, and plain butter.

Perch and Tench may be done the same way.

Trout, to stew.

28. Make a good stuffing of grated bread, a bit of butter, chopped parsley, lemon-peel, pepper, salt, nutmeg, savory herbs, and the yolk of an egg, all well mixed together. Fill the belly of the fish with this, and then put it into a stew-pan, with a quart of good fish stock; add half a pint of white wine, an onion, a little whole pepper, a few cloves, and a piece of lemon-peel. Stew it very gently over a slow fire, and, when done, take out the fish; add to the sauce a little flour mixed in a little cream, some ketchup, and the juice of a lemon. Let it just boil up, then strain it over your fish, and serve it up.

Mackerel.

29. Boil, and serve with butter and fennel, sauce No. 2.

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pepper, and salt; or stuff with the same, crumbs, and chopped fennel. Serve with anchovy sauce, or fish sauce, No. 33.

Potted: clean, season, and bake them in a pan with spice, and some butter; when cold, lay them in a potting-pot, and cover with butter.

Pickled: boil them, then boil some of the liquor, a few peppers, and some vinegar; when cold, pour it over them.

Pickled Mackerel, called Caveach.

30. Clean and divide them; then cut each side into three, or leaving them undivided, cut each fish into five or six pieces. To six large mackerel, take near an ounce of pepper, two nutmegs, a little mace, four cloves, and a handful of salt, all in the finest powder; mix, and making holes in each bit of fish, thrust the seasoning into them, rub each piece with some of it; then fry them brown in oil; let them stand till cold, then put them into a stone jar, and cover with vinegar. If to keep long, pour oil on the top. Thus done, they may be preserved for months.

Mullet.

31. Clean, but leave the inside, fold in oiled paper, and gently bake in a small dish. Make a sauce of the liquor that comes from the fish, with a piece of butter, a little flour, a little essence of anchovy, and a glass of sherry. Give it a boil; and serve in a boat, and the fish in the paper cases.

To bake Pike.

32. Scale it, and open as near the throat as you can, then stuff it with the following: grated bread, herbs, anchovies, oysters, suet, salt, pepper, mace, half a pint of cream, four yolks of eggs; mix all, over the fire till it thickens, then put it into the fish, and sew it up; butter should be put over it in little bits; bake it. Serve sauce of gravy, butter, anchovy, No. 2. *Note:* if in helping a pike, the back and belly are slit up, and each slice gently drawn downwards, there will be fewer bones given.

Stuffing for Pike, Haddock and small Cod.

33. Take equal parts of fat bacon, beef-suet, and fresh butter, some parsley, thyme, and savoury; a little onion, and a few leaves of scented marjoram shred fine; an anchovy or two; a little salt and nutmeg, and some pepper. Oysters will be an improvement with or without anchovies; add crumbs, and an egg to bind.

Soles.

34. If boiled, they must be served with great care to look perfectly white, and should be much covered with parsley.

If fried, dip in egg, and cover them with fine crumbs of bread; set on a fryingpan that is just large enough, and put into it a large quantity of fresh lard or dripping, boil it, and immediately slip the fish into it; do them of a fine brown.

Soles that have been fried eat good cold with oil, vinegar, salt and mustard.

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Stewed Soles.

35. Do as carp, No. 23.

Soles another way.

36. Take two or three soles, divide them from the back bone, and take off the head, fins and tail. Sprinkle the inside with salt, roll them up tight from the tail end upwards, and fasten with small skewers. If large or middling, put half a fish in each roll: small do not answer. Dip them into yolks of eggs, and cover them with crumbs. Do the egg over them again, and then put more crumbs; and fry them a beautiful colour in lard, or during lent in clarified butter.

Portuguese stuffing for Soles baked.

37. Pound cold beef, mutton, or veal, a little; then add some fat bacon that has been lightly fried, cut small, and some onions, a little garlic or shalot, some parsley, anchovy, pepper, salt, and nutmeg; pound all fine with a few crumbs, and bind it with two or three yolks of eggs.

The heads of the fish are to be left on one side of the split part, and kept on the outer side of the roll; and when served the heads are to be turned towards each other in the dish. Garnish with fried or dried parsley.

An excellent way of dressing a large Plaice, especially if there be a roe.

38. Sprinkle with salt, and keep twenty-four hours; then wash and wipe it dry, wet over

with egg, cover with crumbs of bread; make some lard or fine dripping, and two large spoonfuls of vinegar, boiling hot; lay the fish in, and fry it a fine colour, drain it from the fat, and serve with fried parsley round, and anchovy sauce, No. 56.

Spitchcock Eels.

39. Take one or two large eels, leave the skin on, cut them into pieces of three inches long, open them on the belly side, and clean them nicely; wipe them dry, and then wet them with beaten egg, and strew chopped parsley over both sides, pepper, salt, a very little sage, and a bit of mace pounded fine and mixed with the seasoning. Rub the gridiron with a bit of suet, and broil the fish of a fine colour.

Serve with anchovy sauce, No. 56.

Fried Eels.

40. If small, they should be curled round and fried, being first dipped into egg and crumbs of bread.

Boiled Eels.

41. The small ones are best; do them in a small quantity of water, with a good deal of parsley, which should be served up with them and the liquor. Serve chopped parsley and butter for sauce.

Collared Eel.

42. Bone a large eel, but don't skin it: mix pepper, salt, mace, allspice, and a clove or two,

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in the finest powder, and rub over the whole inside; roll it tight, and bind with a coarse tape. Boil in salt and water till enough, then add vinegar, and when cold keep the collar in pickle. Serve it either whole or in slices. Chopped sage, parsley, and a little thyme; knotted marjoram, and savoury, mixed with the spices, greatly improve the taste.

Herrings and Sprats.

43. *To Smoke Herrings.*—Clean, and lay them in salt and a little saltpetre one night; then hang them on a stick, through the eyes, in a row. Have ready an old cask, on which put some saw-dust, and in the midst of it a heater red-hot; fix the stick over the smoke, and let them remain 24 hours.

Fried Herrings.

44. Serve them of a light brown, with onions sliced and fried.

Broiled Herrings.

45. Flour them first, and do of a good colour: plain butter for sauce.

Potted Herrings.

46. Are very good done like Mackerel, see No. 29.

To dress Red Herrings.

47. Choose those that are large and moist, cut them open, and pour some boiling small beer

over them to soak half an hour; drain them dry, and make just hot through before the fire, then rub some cold butter over them and serve. Egg-sauce, or buttered eggs and mashed potatoes, should be sent up with them.

Baked Herrings or Sprats:

48. Wash and drain without wiping them; season with allspice in fine powder, salt, and a few whole cloves; lay them in a pan with plenty of black pepper, an onion, and a few bay-leaves. Add half vinegar and half small beer, enough to cover them. Put paper over the pan, and bake in a slow oven. If you like, throw saltpetre over them the night before, to make them look red. Gut, but do not open them.

Sprats.

49. Wipe the sprats gently with a cloth and put them in your frying-pan, which requires to be very clean, and hot through; sprinkle in it about half a tea-spoonful of salt to every dozen of middle-size fish, which place immediately in the pan: leave them for two minutes, turn carefully with the blade of a knife, leave them three or four minutes longer, and serve very hot.

50. *Another.*—Dip each sprat in flour, put in the pan a little fat, or oil; when very hot, put in the fish, which semi-fry as above. They may also be lightly covered with egg and bread crumbs—or use sifted biscuit crumbs, which is a very agreeable variety of dressing them.

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51. *To Broil*.—Take a skewer long enough to hold a dozen sprats; dip them lightly in flour; put the gridiron on as clear a fire as possible, and when hot lay them on for two minutes; turn them carefully, leave them till done, sprinkle with salt and pepper, and serve with toast or made into sandwiches.

Lobsters and Shrimps.

52. *To pot Lobsters*.—Half boil them, pick out the meat, cut it into small bits, season with mace, white pepper, nutmeg, and salt, press close into a pot and cover with butter, bake half an hour; put the spawn in. When cold take the lobster out, and put it into the pots with a little of the butter. Beat the other butter in a mortar with some of the spawn; then mix that coloured butter with as much as will be sufficient to cover the pots, and strain it. Cayenne may be added, if approved. Potted lobster may be used cold, or as a fricassee, with a cream-sauce; it then looks very nice, and eats excellently, especially if there is spawn.

Mackerel, Herrings, and Trout, are good potted as above.

Stewed Lobster, a very high relish.

53. Pick the lobster, put the berries into a dish that has a lamp, and rub them down with a bit of butter, two spoonfuls of any sort of gravy, one of soy, or walnut ketchup, a little salt and Cayenne, and a spoonful of port; stew the lobster cut into bits with the gravy as above.

Buttered Lobsters.

54. Pick the meat out, cut it, and warm with a little weak brown gravy, nutmeg, salt, pepper, and butter, with a little flour. If done white, a little white gravy and cream.

Currie of Lobsters.

55. Take them from the shells, and lay into a pan, with a small piece of mace, three or four spoonfuls of veal-gravy, and four of cream: rub smooth one or two tea-spoonfuls of currie-powder, a tea-spoonful of flour, and an ounce of butter: simmer an hour; squeeze half a lemon in, and add salt.

Prawns and Cray-fish in jelly, a beautiful dish.

56. Make a savoury fish jelly, and put some into the bottom of a deep small dish: when cold, lay the cray-fish with their back downwards, and pour more jelly over them. Turn out when cold.

To butter Prawns or Shrimps.

57. Take them out of the shells; and warm them with a little good gravy, a bit of butter and flour, a scrape of nutmeg, salt, and pepper; simmer a minute or two, and serve with sippets: or with a cream-sauce instead of brown.

To pot Shrimps.

58. When boiled, take them out of the skins, and season them with salt, white pepper, and a

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very little mace and cloves. Press them into a pot, set it in the oven ten minutes, and when cold put butter.

Hot Crab.

59. Pick the meat out of a crab, clear the shell from the head, then put the meat with a little nutmeg, salt, pepper, a bit of butter, crumbs of bread, and three spoonfuls of vinegar, into the shell again, and set it before the fire. You may brown it with a salamander.

Dry toast should be served to eat upon.

Dressed Crab cold.

60. Empty the shells, and mix the flesh with oil, vinegar, salt, and a little white pepper, or Cayenne: then put the mixture into the large shell, and serve. Very little oil is necessary.

Oysters.

61. *To feed Oysters.*—Put them into water, and wash them with a broom till quite clean; then lay them bottom-downwards into a pan, sprinkle with flour or oatmeal and salt, and cover with water. Do the same every day, and they will fatten. The water should be pretty salt.

To stew Oysters.

62. Open and separate the liquor from them, then wash them from the grit, strain the liquor, and put with the oysters a bit of mace and lemon-peel, and a few white peppers. Simmer them very gently, and put some cream, and a little flour and butter.



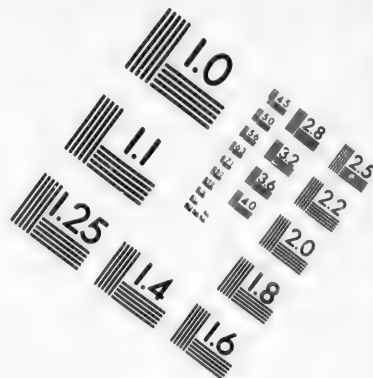
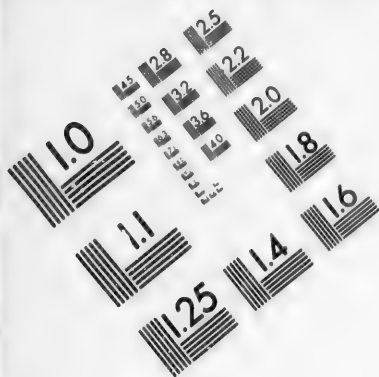
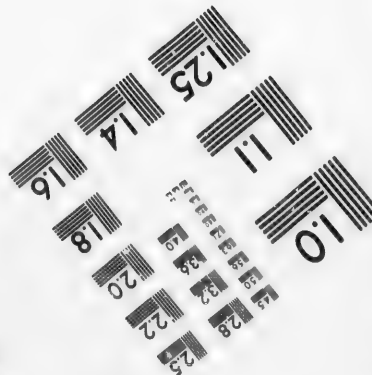
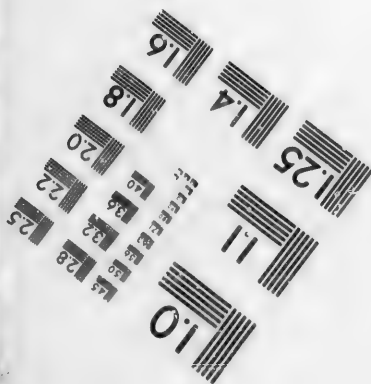
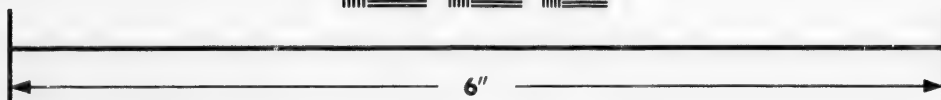
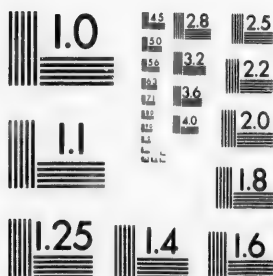


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Boiled Oysters.

63. Let the shells be nicely cleaned first and serve in them, to eat with cold butter.

To scallop Oysters.

64. Put them with crumbs of bread, pepper, salt, nutmeg, and a bit of butter, into saucers, and and bake before the fire, or in an oven.

Fried Oysters, to garnish boiled Fish.

65. Make a batter of flour, milk, and eggs, season it a very little, dip the oysters into it, and fry them a fine yellow-brown. A little nutmeg should be put into the seasoning, and a few crumbs of bread into the flour.

Oyster Patties.

66. See PATTIES.

To pickle Oysters.

67. Open the number you intend to pickle, put them into a saucepan with their own liquor for ten minutes, simmer them very gently; then put them into a jar, free from grit, and cover them when cold with the pickle thus made. Boil the liquor with a bit of mace, lemon-peel, and black peppers, and to every hundred put two spoonfuls of the best vinegar.

They should be kept in small jars, and tied close with bladder, for the air will spoil them.

NOTE.—*For making Fish Pies will be found under the head PIES.*

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Another way to pickle Oysters.

68. Wash four dozen of the largest oysters you can get in their own liquor, wipe them dry, strain the liquor off, adding to it a dessert-spoonful of pepper, two blades of mace, a table-spoonful of salt, if the liquor be not very salt, three of white wine, and four of vinegar.—Simmer the oysters a few minutes in the liquor, then put them in small jars and boil the pickle up, skim it, and when cold, pour over the oysters: cover close.

New way of boiling Fish.

69. The addition of a few herbs and vegetables in the water gives a very nice flavour to the fish. Add, according to taste, a little sliced onion, thyme, bay-leaf, winter savoury, carrots, celery, clove, mace, using whichever of these ingredients you can procure; it greatly improves skate, fresh haddocks, gurnet, &c. Fresh-water fish, which have no particular flavour, are preferable done thus, with the addition of a little vinegar. Choose whatever sauces you please for any of the above fish, from the series at No. 2.

Salt Fish, Cod, Ling, and Cod-Sounds.

70. Soak two pounds of salt fish for six hours, if not previously soaked, or according to the cure; put them in boiling water, in which some parsnips have been previously boiled. Twenty minutes, if the fish is thick, will be sufficient; and serve with egg-sauce No. 42. Proceed the same with cod-sounds.

Tench and Perch.

71. Tench and perch must be well scaled and cleaned, and put into the pan with a pint of water and a tea-spoonful of salt, one onion sliced, three sprigs of thyme, bay-leaf, pepper, parsley, celery, all in proportion; a wine-glass of vinegar. If they weigh one pound boil for half-an hour, according to size. Serve with any fish-sauce. Eels, Carp, and Pike, may be done as above, with a little scraped horse-radish, and served with parsley and butter.

Cod Liver Stuffing.

72. Half a pound of raw chopped liver, three quarters of a pound of bread crumb or biscuit powder, salt, pepper and parsley; mix with two whole eggs. Use as stuffing for any kind of fish.

Fricassee of Frogs.

73. Kill and strip the skin off the hind legs of twenty-four frogs, which wash well, dry, roll in flour, fry in butter or beef dripping. Serve up with dry toast, or bread and butter. In this way they are very delicious and tender eating.

To Stew Frogs.

74. Prepare your frogs as in above receipt, steeped in salt and water for half-an-hour, dry and roll them in flour, and brown them in fry-pan, put them in gravy, No. 53, and stew one hour, with herbs and seasoning to palate, a little brown sauce No. 3, and ketchup. Garnish with lemon, or to fancy.

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PART IV.

—
MEATS.

VENISON, BEEF, VEAL, PORK, MUTTON AND LAMB.

[Preliminary to the introduction of the articles contained in the above heading, the subjoined observations on meats in general will be found well worthy of study, and the prudent housewife will find ample satisfaction in the result, by seeing that the rules laid down are strictly (where practicable) observed. As the taste, or choice, of individuals in particular joints, and their mode of cooking, vary very much, great varieties in the different modes of dressing are extensively given. Some valuable hints, also, with regard to market purchases and the keeping and dressing of meat, will be found interspersed throughout the observations.]

IN loins of meat, the long pipe that runs by the bone should be taken out, as it is apt to taint; as also the kernels of beef.

The shank bones of mutton should be saved. and after soaking and brushing, may be added to give richness to gravies or soups. They are particularly nourishing for sick persons.

When sirloins of beef, loins of veal or mutton, come home, part of the suet may be cut off for puddings, or to clarify.

Dripping will baste every thing as well as butter, except fowls and game.

The fat from off a neck or loin of mutton, makes a much more lighter pudding than suet.

Meat and vegetables that have been frozen, should be soaked in cold water till thawed, before using. Putting them into hot water, or to the fire, with the idea of expediting the expulsion of the frost, makes it impossible for any heat to dress them properly afterwards.

In warm weather, where meat has been touched by flies, the part should be cut off, and afterwards well washed.

In the height of summer, it is a very safe way to let meat that is to be salted, lie an hour in cold water, rubbing well any part likely to have been fly-blown; then wipe it quite dry, and rub the salt thoroughly into every part, throwing a handful over it besides. Turn it every day, and rub the pickle in, which will make it ready for the table in three or four days. If required to be extra corned wrap it in a well-floured cloth after rubbing it with salt. This last method will corn fresh beef fit for the table the same day it is purchased; but it must be put into the pot when the water boils.

If the weather permit, meat eats much better for hanging two or three days before it is salted.

The water in which meat has been boiled makes an excellent soup, by adding vegetables, oatmeal, or peas.

Wash all meat before you dress it, if for boiling, the color will be better for soaking, but if for roasting, dry it.

Boiling in a well-floured cloth will make meat white.

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Roast-beef bones, or shank of ham, make excellent pea-soup; and should be boiled with the peas the day before eaten, that the fat may be taken off.

Particular care must be taken that the pot is well skimmed the *moment* it boils, otherwise the foulness will be dispersed over the meat. The more soups or broths are skimmed, the better and cleaner they will be.

Vegetables should not be dressed with the meat, except carrots or parsnips with boiled beef.

In roasting meat, a very good way is to put a little salt and water into the dripping pan, and baste for a little while with this before using its own fat or dripping, when dry, dust it with flour, and baste as usual.

Salting meat before it is put to roast draws out the gravy; it should only be sprinkled when almost done.

Old meats do not require so much dressing as young, not that they are sooner done, but they can be eaten with the gravy more in.

When you wish to have fried things look as well as possible, do them twice over with egg and crumbs. Bread that is not stale enough to grate quite fine will not look well. The fat you fry in must always be boiling hot the moment the fish, meat, &c., are put in, and kept so till finished. A small quantity never fries well.

To keep meat hot it is best to take it up when done, and, if not immediately wanted, set the

dish over a pan of boiling water, putting a deep cover over it so as not to touch the meat, and then throw a cloth over that. This way will not dry up the gravy.

Meat boiled quick will be hard; but care must be taken that in boiling slow it does not stop, or the meat will be underdone.

The boiler and utensils should be kept scrupulously clean.

The length of time required for roasting and boiling depends upon the size of the joint, and the strength of the fire. In roasting solid pieces it is usually conceded that for each pound from twenty to twenty-five minutes should be allowed.

Beef of ten pounds weight will take rather better than two hours and a half to roast; twenty pounds will take three hours and three quarters.

A neck of mutton will take an hour and a half.

A chine of pork two hours.

A leg of pork or of lamb takes twenty minutes to a pound.

A ham of twenty pounds will take four hours and a half, and others in proportion.

A dried tongue, after being well soaked, will take four hours slow boiling; a tongue out of pickle, from two and a half to three hours, or longer, if very large.

Venison, to keep.

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pounded ginger over every part, which is a good preventative against the fly. By thus managing and watching, it will hang a fortnight. When to be used, wash it with a little luke-warm water, and dry it. Pepper is likewise good to keep it.

To dress Venison.

2. A haunch of buck will take three hours and a half or three quarters roasting; doe, only three hours and a quarter. Venison should be rather over than under-done.

Spread butter over a sheet of white paper, and put it over the fat, first sprinkling it with a little salt; then lay a coarse paste on strong paper, and cover the haunch; tie it with fine pack-thread, and set it at a distance from the fire, which must be a good one. Baste it often; ten minutes before serving take off the paste, draw the meat nearer the fire, and baste it with butter and a good deal of flour to make it froth up well.

Gravy for it should be put into a boat, and not into the dish (unless there is none in the venison), and made thus: Cut off the fat from two or three pounds of a loin of old mutton, and set it in steaks on a gridiron for a few minutes just to brown one side; put them into a saucepan with a quart of water, cover quite close for an hour, and simmer it gently; then uncover it, and stew till the gravy is reduced to a pint. Season with only salt. Currant-jelly must be served in a boat.

Formerly pap-sauce was eaten with venison; which, as some still like it, it may be necessary

to direct. Grate white bread, and boil it with port wine, water, and a large stick of cinnamon; and when quite smooth take out the cinnamon and add sugar. Claret may be used for it.

Make the jelly-sauce thus. Beat some currant-jelly and a spoonful or two of port wine, and set it over the fire till melted. Where jelly runs short put more wine, and a few lumps of sugar, to the jelly, and melt as above. Serve with French beans.

Haunch, Neck, and Shoulder of Venison.

3. Roast with paste as directed above, and the same sauce.

To stew a Shoulder of Venison.

4. Let the meat hang till you think it fit to dress, then take out the bone, beat the meat with a rolling-pin, lay some slices of mutton-fat, that have lain a few hours in a little port wine, among it, sprinkle a little pepper and allspice over in fine powder, roll it up tight, and tie it. Set it in a stewpan that will only just hold it, with some mutton or beef gravy not strong, half a pint of port wine; some pepper and allspice. Simmer it close covered, as slow as you can, for three or four hours. When quite tender, take off the tape, and set the meat in a dish; strain the gravy over it; serve with currant-jelly sauce.—This is the best way to dress this joint, unless it is very fat, and then it should be roasted. The bone should be stewed with it.

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Breast of Venison.

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Hashed Venison,

6. Should be warmed with its own gravy, or some without seasoning, as before; and only warmed through, not boiled. If there is no fat left, cut some slices of mutton-fat, set it on the fire with a little port wine and sugar, simmer till dry, then put to the hash, and it will eat as well as the fat of the venison.—*For Venison Pasty look under the head PASTRY*; as likewise an excellent imitation.

Beef, to keep.

7. Take out the kernels in the neck-pieces where the shoulder-clod is taken off, two from each round of beef; one in the middle, which is called the pope's eye; the other from the flap; there is also one in the thick flank, in the middle of the fat. If these are not taken out, especially in summer, salt will be of no use for keeping the meatsweet. There is another kernel between the rump and the edge-bone.

As butchers seldom attend to this matter, the cook should take out the kernels; then rub the salt well into the beef intended for boiling, and slightly sprinkle that which is for roasting.

The flesh of cattle that are killed when not perfectly cleared of food, soon spoils. They should fast twenty-four hours in winter, and double that time in summer, before being killed.

To salt Beef or Pork for eating immediately.

8. The piece should not weigh more than five or six pounds. Salt it very thoroughly just before you put it into the pot; take a coarse cloth, flour it well, put the meat in, and fold it up close. Put it into a pot of boiling water, and boil it as long as you would any other salt beef of the same size, and it will be as salt as if done four or five days.

Great attention is requisite in salting meat; and in the country, where large quantities are cured, this is of particular importance. Beef and pork should be well sprinkled, and a few hours afterwards hung to drain, before it is rubbed with salt; which method, by cleansing the meat from the blood, serves to keep it from tasting strong. It should be turned every day; and if wanted soon, should be rubbed as often. A salting-tub or lead may be used, and a cover to fit close. Those who use a good deal of salt meat will find it answer well to boil up the pickle, skim it, and when cold, pour it over meat that has been sprinkled and drained.

To salt beef red; which is extremely good to eat fresh from the Pickle, or to hang to dry.

9. Choose a piece of beef with as little bone as you can (the flank is most proper), sprinkle it and let it drain a day; then rub it with common salt, saltpetre, and bay-salt, but only a small proportion of the saltpetre, and you may add a few grains of cochineal, all in fine powder. Rub the

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pickle every day into the meat for a week, then only turn it. It will be excellent in eight days. In sixteen drain it from the pickle. A little of the coarsest sugar may be added to the salt. It eats well, boiled tender with greens or carrots.

The Dutch way to salt Beef.

10. Take a lean piece of beef; rub it well with brown sugar, and let it be turned often. In three days wipe it, and salt it with common salt and saltpetre beaten fine; rub these well in, and turn it every day for a fortnight. Roll it tight in a coarse cloth, and press it under a large weight; hang it to dry in a wood-smoke, but turn it upside down every day. Boil it in spring-water, and press it; it will grate, or cut into shivers, like Dutch beef.

Beef a-la-mode.

11. Choose a piece of thick flank of a fine heifer or ox. Cut into long slices some fat bacon, quite free from yellow; let each bit be near an inch thick: dip them into vinegar, and then into a seasoning ready prepared of salt, black pepper, allspice, and a clove, all in fine powder, with parsley, chives, thyme, savoury, and knotted marjoram, shred as small as possible, and well mixed. With a sharp knife make holes deep enough to let in the larding; then rub the beef over with the seasoning, and bind it up tight with tape. Set it in a well-tinned pot over a stove; three or four onions must be fried brown

and put to the beef, with two or three carrots, one turnip, a head or two of celery, and a small quantity of water; let it simmer gently ten or twelve hours, or till extremely tender, turning the meat twice.

Put the gravy into a pan, remove the fat, keep the beef covered, then put them together, and add a glass of port wine. Take off the tape, and serve with the vegetables; or you may strain them off, and send them up cut into dice for garnish. Onions roasted and then stewed with the gravy are a great improvement. A tea-cupful of vinegar should be stewed with the beef.

Beef en Miroton.

12. Cut thin slices of cold roast beef and put them into a frying-pan with a quarter pound of butter, and six onions, turn the pan frequently, then mix a little broth and some salt, pepper, and after a few boils serve up hot. This dish is excellent and economical.

To stew a Rump of Beef.

13. Wash it well; and season it high with pepper, Cayenne, salt, allspice, three cloves, and a blade of mace, all in fine powder. Bind it up tight, and lay it into a pot that will just hold it. Fry three large onions sliced, and put them to it, with three carrots, two turnips, a shalot, four cloves, a blade of mace, and some celery. Cover the meat with good beef-broth, or weak gravy. Simmer it as gently as possible for several hours,

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till quite tender. Clear off the fat; and add to the gravy half a pint of port wine, a glass of vinegar, and a large spoonful of ketchup; simmer half an hour, and serve in a deep dish. Half a pint of beer may be added. The herbs to be used should be burnet, tarragon, parsley, thyme, basil, savoury, marjoram, pennyroyal, knotted marjoram, and some chives if you can get them, but observe to proportion the quantities to the pungency of the several sorts; let there be a good handful altogether.

Garnish with carrots, turnips, or truffles and morels, or pickles of different colours, cut small, and laid in little heaps separate; chopped parsley, chives, beet-root, &c. If, when done, the gravy is too much to fill the dish, take only a part to season for serving, but the less water the better; and to increase the richness, add a few beef-bones and shanks of mutton in stewing.— A spoonful or two of made mustard is a great improvement to the gravy.

To stew Brisket of Beef.

14. Put the part that has the hard fat into a stew-pot, with a small quantity of water; let it boil up, and skim it thoroughly; then add carrots, turnips, onions, celery, and a few pepper-corns. Stew till extremely tender; then take out the flat bones, and remove all the fat from the soup. Either serve that and the meat in a tureen; or the soup alone, and the meat on a dish, garnished with some vegetables. The following

sauce is much admired, served with the beef:— Take half a pint of the soup, and mix it with a spoonful of ketchup, a glass of port wine, a tea-spoonful of made mustard, a little flour, a bit of butter, and salt; boil all together a few minutes, then pour it round the meat. Garnish as the former.

To press Beef.

15. Salt a bit of brisket, thin part of the flank, or the tops of the ribs, with salt and saltpetre five days, then boil it gently till extremely tender: put it under a great weight, or in a cheese-press, till perfectly cold.

It eats excellently cold, and makes good sandwiches.

An excellent mode of dressing Beef.

16. Hang three ribs three or four days; take out the bones from the whole length, sprinkle it with salt, roll the meat tight, and roast it. Nothing can look nicer. The above done with spices, &c., and baked, is excellent.

To collar Beef.

17. Choose the thin end of the flank of fine mellow beef, but not too fat; lay it into a dish with salt and saltpetre, turn and rub it every day for a week, and keep it cool. Then take out every bone and gristle, remove the skin of the inside part, and cover it thick with the following seasoning cut small; a large handful of parsley, the same of sage, some thyme, marjoram, and

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pennyroyal, pepper, salt, and allspice. Roll the meat up as tight as possible, and bind it, then boil it gently for seven or eight hours. A cloth must be put round before the tape. Put the beef under a good weight while hot, without undoing it: the shape will then be oval. Part of a breast of veal rolled in with the beef, looks and eats very well.

Beef-steaks

18. Should be cut from a rump that has hung a few days. Broil them over a very clear or charcoal fire: put into the dish a little minced shalot, and a table-spoonful of ketchup; and rub a bit of butter on the steak the moment of serving. It should be turned often, that the gravy may not be drawn out on either side. Pepper and salt should be added when taking it off the fire.

Beef-steaks and Oyster-sauce.

19. Strain off the liquor from the oysters, and throw them into cold water to take off the grit, while you simmer the liquor with a bit of mace and lemon-peel; then put the oysters in, stew them a few minutes, add a little cream if you have it, and some butter rubbed in a bit of flour: let them boil up once; and have rump-steaks, well seasoned and broiled, ready for throwing the oyster-sauce over, and serve.

Italian Beef-steaks.

20. Cut a fine large steak from a rump that has been well hung, or it will do from any *tender*

part: beat it and season with pepper, salt, and onion; lay it in an iron stew-pan that has a cover to fit quite close, and set it by the side of the fire without water. Take care it does not burn, but it must have a strong heat: in two or three hours it will be quite tender, and then serve with its own gravy.

Beef-collop.

21. Cut thin slices of beef from the rump, or any other tender part, divide them into pieces three inches long: beat them with the blade of a knife, and flour them. Fry the collops quick in butter two minutes; then lay them into a small stewpan, and cover them with a pint of gravy; add a bit of butter rubbed in flour, pepper, salt, the least bit of shalot shred as fine as possible, half a walnut, four small pickled cucumbers, and a tea-spoonful of capers cut small. Take care that it does not boil; and serve the stew in a very hot covered dish.

Round of Beef.

22. Should be carefully salted, and wet with the pickle for eight or ten days. The bone should be cut out first, and the beef skewered and tied up to make it quite round. It may be stuffed with parsley, if approved; in which case the holes to admit the parsley must be made with a sharp pointed knife, and the parsley coarsely cut and stuffed in tight. As soon as it boils it should be skimmed, and afterwards kept boiling very gently.

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To dress the inside of a cold Sirloin of Beef.

23. Cut out all the meat, and a little fat, in pieces as thick as your finger, and two inches long : dredge it with flour ; and fry in butter, of a nice brown ; drain the butter from the meat, and toss it up in a rich gravy, seasoned with pepper, salt, anchovy and shalot. Do not let it boil on any account. Before you serve, add two spoonfuls of vinegar. Garnish with crimped parsley.

Beef Cakes for a side dish of dressed Meat.

24. Pound some beef that is underdone with a little fat bacon, or ham ; season with pepper, salt, and a little shalot, or garlic ; mix them well ; and make into small cakes three inches long ; and half as wide and thick ; fry them a light brown, and serve them in a good thick gravy.

To dress cold Beef that has not been done enough, called Beef-olives.

25. Cut slices half an inch thick and four inches square ; lay on them a forcemeat of crumbs of bread, shalot, a little suet, or fat, pepper and salt. Roll them, and fasten with a small skewer ; put them into a stewpan with some gravy made of the beef bones, or the gravy of the meat, and a spoonful or two of water, and stew them till tender. Fresh meat will do.

To mince Beef.

26. Shred the underdone part fine, with some of the fat ; put it into a small stew-pan, with

some onion or shalot, (a very little will do), a little water, pepper, and salt; boil it till the onion is quite soft, then put some of the gravy of the meat to it, and the mince. Don't let it boil. Have a small hot dish with sippets of bread ready, and pour the mince into it, but first mix a large spoonful of vinegar with it; if shalot-vinegar is used there will be no need of the onion, nor the raw shalot.

To hash Beef.

27. Do it the same as in the last receipt; only the meat is to be in slices, and you may add a spoonful of walnut-liquor or ketchup.

Observe, that it is owing to *boiling* hashes or minces that they get hard. All sorts of stews, meat dressed a second time, should be only simmered; and this last only hot through.

To pickle Tongues for boiling.

28. Cut off the root, but leave a little of the kernel and fat. Sprinkle some salt, and let it drain from the slime till next day; then for each tongue mix a large spoonful of common salt, the same of coarse sugar, and about half as much of saltpetre; rub it well in, and do so every day. In a week add another heaped spoonful of salt. If rubbed every day, a tongue will be ready in a fortnight; but if only turned in the pickle daily, it will keep four or five weeks without being too salt.

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tender; allow five hours; and if done sooner, it is easily kept hot. The longer kept after drying the higher it will be: if hard, it may require soaking three or four hours.

To roast Tongue and Udder.

29. After cleaning the tongue well, salt it with common salt and saltpetre three days; then boil it, and likewise a fine young udder with some fat to it, till tolerably tender; then tie the thick part of one to the thin part of the other, and roast the tongue and udder together.

Serve them with good gravy, and currant-jelly sauce. A few cloves should be stuck in the udder. This is an excellent dish.

To stew Tongue.

30. Salt a tongue with saltpetre and common salt for a week, turning it every day. Boil it tender enough to peel; when done, stew it in a moderately strong gravy; season with soy, mushroom-ketchup, Cayenne, pounded cloves, and salt, if necessary. Serve with truffles, morels, and mushrooms. In both this receipt and the next, the roots must be taken off the tongues before salting, but some fat left.

An excellent way of doing Tongues to eat cold.

31. Season with common salt and saltpetre, brown sugar, a little bay-salt, pepper, cloves, mace, and allspice in fine powder for a fortnight; then take away the pickle, put the tongue into

a small pan, and lay some butter on it: cover it with brown crust, and bake slowly till so tender that a straw would go through it.

The thin part of tongues, when hung up to dry, grates like hung beef, and almost makes a fine addition to the flavour of omelets.

Beef-heart.

32. Wash it carefully; for stuffing, use an anchovy, some fat bacon, a little suet, herbs, pepper, salt, nutmeg, a little onion, crumbs of bread, and an egg to bind it all, and serve rich gravy, and currant-jelly sauce.

Hash with the same, and port wine.

Stewed ox-cheek.

33. Soak and cleanse a fine cheek the day before is to be eaten; put it into a stew-pot that will cover close, with three quarts of water: simmer it after it has first boiled up and been well-skimmed. In two hours put plenty of carrots, leeks, two or three turnips, a bunch of sweet herbs, some whole pepper, and four ounces of allspice. Skim it often; when the meat is tender take it out; let the soup get cold, take off the cake of fat, and serve the soup separate or with the meat.

It should be of a fine brown: which may be done by burnt sugar; or by frying some onions quite brown with flour, and simmering them with it. This last way improves the flavour of all soups and gravies of the brown kind.

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If vegetables are not approved in the soup, they may be taken out, and a small roll be toasted, or bread fried and added. Celery is a great addition, and should always be served. Where it is not to be got, the seed of it gives quite as good a flavour, boiled in and strained off.

Stewed Beef Steaks.

34. Stew the steaks in three parts of a pint of water, to which has been added a bunch of sweet herbs, two blades of mace, an onion stuck with cloves, say three, an anchovy, and a lump of butter soaked in flour, pour over a glass of Sherry or Madeira. Stew with the pan covered down, until the steaks are tender, but not too much so; then place them in a frying-pan with enough of fresh butter, hissing hot, to cover them, fry them brown, pour off the fat, and in its place pour into the pan the gravy in which the steaks were stewed; when the gravy is thoroughly heated, and is of a rich consistency, place the steaks in a hot dish—pour the sauce over them. The steaks should be large, the finest from the rump, and have a due proportion of fat with them.

Beef Cake.

35. Choose lean beef—it should also be very tender—if a pound, put six ounces of beef suet, mince finely and season with cloves, mace, and salt, in fine powder—put the largest proportion of salt and least of mace—add half the quantity of the latter of Cayenne; cut into thin slices a

pound of bacon, and lay them all round the inside but not at the bottom, of a baking dish ; put in the meat, pressing it closely down, cover it with the remaining slices of bacon, lay a plate over it face downwards, and upon it something heavy to keep it from shifting. If there be three pounds of beef, bake two hours and a half ; remove the bacon and serve with a little rich gravy. These cakes may be made of mutton, veal, or venison.

Ox-feet or Cow-heels,

36. May be dressed in various ways, and are very nutritious in all. Boil them ; and serve in a napkin, with melted butter, mustard, and a large spoonful of vinegar.

Or boil them very tender, and serve them as a brown fricassee : the liquor will do to make jelly sweet or relishing, and likewise to give richness to soups or gravies.

Or cut them into four parts, dip them into an egg, and then flour and fry them ; and fry onions (if you like them,) to serve round. Sauce as above. Or bake them as for mock-turtle.

Tripe,

37. May be served in a tureen, stewed with milk and onion till tender. Melted butter for sauce.

Or fry it in small bits dipped in batter.

Or stew the thin part, cut into bits, in gravy ; thicken with flour and butter, and add a little ketchup.

Or fricassee it with white sauce, No. 4.

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Soused Tripe.

38. Boil the tripe, but not quite tender; then put it into salt and water, which must be changed every day till it is all used. When you dress the tripe, dip it into a batter of flour and eggs, and fry it of a good brown.

Marrow-bones.

39. Cover the top with floured cloth; boil them and serve with dry toast.

Veal.

[THERE is more difficulty in the choice of veal than any other meat, although it is generally thought the easiest. The preference is sometimes given to the cow calf, from its being whiter and having the udder; but if a bull calf has been properly fed, and killed at about ten weeks old, nothing can be finer in flavour or closer in grain when cooked, and will be much more juicy than the cow calf. The grain should be close, firm, and white, the fat a pinkish white, not a dead white, and the kidneys well covered with thick white fat; this is first-class veal. The second quality is darker in flesh, and equally as nourishing as the first; the third quality will have less fat round the kidney, be coarser grained, and the lean red. It is often as nourishing as the white, but not so delicate or digestible. It is caused by the calf being reared in the open air. If the suet under the kidney is soft and clammy the meat is not fresh. The neck is the first joint that becomes tainted. Calves' liver should be firm, free from gristle or spots, and the heart surrounded with fat. When veal is to be kept, it should be hung up, and not allowed to rest on anything, or it soon becomes tainted.]

To keep a leg of Veal.

40. The first part that turns bad of a leg of veal, is where the udder is skewered back. The

skewer should be taken out, and both that and the part under it wiped every day, by which means it will keep good three or four days, in hot weather. Take care to cut out the pipe that runs along the chine of a loin of veal, as you do of beef, to hinder it from tainting. The skirt of the breast of veal is likewise to be taken off; and the inside of the breast wiped and scraped, and sprinkled with a little salt.

Leg of Veal.

41. Let the fillet be cut large or small as best suits the number of your company. Take out the bone, fill the space with a fine stuffing, and let it be skewered quite round; and send the large side uppermost. When half-roasted, if not before, put a paper over the fat; and take care to allow a sufficient time, as the meat is very solid: serve with melted butter poured over it. You may pot some of it.

Shoulder of Veal.

42. Cut off the knuckle for a stew or gravy. Roast the other part with stuffing: you may lard it. Serve with melted butter.

The blade-bone, with a good deal of meat left on, eats extremely well with mushroom or oyster-sauce, or mushroom-ketchup in butter.

Neck of Veal.

43. Cut off the scrag to boil, and cover it with onion-sauce. It should be boiled in milk and

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water. Parsley and butter may be served with it, instead of onion-sauce.

Or it may be stewed with whole rice, small onions, and pepper-corns, with a very little water.

Or boiled and eaten with bacon and greens.

The best end may be either roasted, broiled as steaks, or made into pies.

Breast of Veal.

44. Before roasted, if large, the two ends may be taken off and fried to stew, or the whole may be roasted. Butter should be poured over it.

If any be left, cut the pieces into handsome sizes, put them into a stewpan, and pour some broth over it; or if you have no broth, a little water will do; add a bunch of herbs, a blade or two of mace, some pepper, and an anchovy; stew till the meat is tender, thicken with butter and flour, and add a little ketchup; or the whole breast may be stewed, after cutting off the two ends.

Serve the sweetbread whole upon it: which may either be stewed, or parboiled, and then covered with crumbs, herbs, pepper, and salt, and browned.

If you have a few mushrooms, truffles, and morels, stew them with it, and serve.

Boiled breast of veal, smothered with onion-sauce, is an excellent dish if not old nor too fat.

To roll a Breast of Veal.

45. Bone it, take off the thick skin and gristle, and beat the meat with a rolling-pin. Season

it with herbs chopped very fine, mixed with salt, pepper, and mace. Lay some thick slices of fine ham; or roll into it two or three calves' tongues of a fine red, boiled first an hour or two and skimmed. Bind it up tight in a cloth, and tape it. Set it over the fire to simmer in a small quantity of water, till it is quite tender; this will take some hours. Lay it on the dresser, with a board and weight on it till quite cold.

Pigs' or calves' feet, boiled and taken from the bones, may be put in or round it. The different colours laid in layers look well when cut; and you may put in yolks of eggs boiled, beet-root, grated ham, and chopped parsley, in different parts.

Do another way.

46 When it is cold, take off the tape, and pour over it the liquor; which must be boiled up twice a week, or it will not keep.

Veal rolls of either cold meat or fresh

47. Cut thin slices, and spread on them a fine seasoning of a very few crumbs, a little chopped bacon or scraped ham, and a little suet, parsley, and shalot, (or instead of the parsley and shalot, some fresh mushrooms stewed and minced,) pepper, salt, and a small piece of pounded mace.

This stuffing may either fill up the roll like a sausage, or be rolled with the meat. In either case tie it up very tight, and stew it very slowly in a gravy and a glass of sherry.

Serve it when tender, after skimming it nicely.

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Harrico of Veal.

48. Take the best end of a small neck; cut the bones short, but leave it whole: then put it into a stewpan just covered with brown gravy; and when it is nearly done, have ready a pint of boiled peas, six cucumbers pared and sliced, and two cabbage-lettuces cut into quarters, all stewed in a little good broth: put them to the veal, and let them simmer ten minutes. When the veal is in the dish, pour the sauce and vegetables over it, and lay the lettuce with forcemeat-balls round it.

Minced Veal.

49. Cut cold veal as fine as possible, but do not chop it.—Put to it a very little lemon-peel shred, two grates of nutmeg, some salt, and four or five spoonfuls of either a little weak broth, milk, or water; simmer these gently with the meat, but take care not to let it boil; and add a bit of butter rubbed in flour. Put sippets of thin toasted bread, cut into a three-cornered shape, round the dish.

To pot Veal.

50. Cold fillet makes the finest potted veal; or you may do it as follows:

Season a large slice of the fillet before it is dressed, with some mace, pepper-corns, and two or three cloves; lay it close into a potting-pan that will but just hold it, fill it up with water, and bake it three hours; then pound it quite small in a mortar, and add salt to taste: put a little gravy that was baked with it in pounding, if

to be eaten soon ; otherwise only a little butter just melted. When done cover it over with butter.

To pot Veal or Chicken with Ham.

51. Pound some cold veal or white of chicken, seasoned as directed in the last article, and put layers of it with layers of ham pounded or rather shred ; press each down and cover with butter.

Veal Collops.

52. Cut long thin collops ; beat them well ; and lay on them a bit of thin bacon of the same size, and spread forcemeat on that, seasoned high, and also a little garlic and Cayenne. Roll them up tight, about the size of two fingers, but not more than two or three inches long ; put a very small skewer to fasten each firmly ; rub egg over ; fry them of a fine brown, and pour a rich brown gravy over.

To dress Collops quick.

53. Cut them as thin as possible with a very sharp knife, and in small bits. Throw the skin, and any odd bits of the veal, into a little water, with a dust of pepper and salt ; set them on the fire while you beat the collops ; and dip them into a seasoning of herbs, bread, pepper, salt, and a scrape of nutmeg, but first wet them in egg. Then put a bit of butter into a frying-pan, and give the collops a very quick fry ; for as they are so thin, two minutes will do them on both

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sides: put them into a hot dish before the fire; then strain and thicken the gravy, give it a boil in the frying-pan, and pour it over the collops. A little ketchup is an improvement.

54. *Another way.*—Fry them in butter, only seasoned with salt and pepper; then simmer them in gravy either white or brown, with bits of bacon served with them.

If white, add lemon-peel and mace, and some cream.

Scallops of cold Veal or Chicken.

55. Mince the meat extremely small; and set it over the fire with a scrape of nutmeg, a little pepper and salt, and a little cream, for a few minutes; then put it into the scallop-shells, and fill them with crumbs of bread, over which put some bits of butter, and brown them before the fire.

Either veal or chicken looks and eats well prepared in this way, and lightly covered with crumbs of bread fried; or these may be put on in little heaps.

Veal Cutlets.

56. Cut slices about three-quarters of an inch thick, beat them with a rolling-pin, and wet them on both sides with egg: dip them into a seasoning of bread crumbs, parsley, thyme, knotted marjoram, pepper, salt and a little nutmeg grated; then put them into papers folded over, and broil them; and have in a boat melted-butter, with a little mushroom ketchup.

Fricandeau of Veal.

57. Cut a large piece from the fat side of a leg, about nine inches long, and half as thick and broad; beat it with the rolling-pin; take off the skin, and trim off the rough edges. Lard the top and sides; and cover it with fat bacon, and then with white paper. Lay it into the stew-pan with any pieces of undressed veal or mutton, four onions, a carrot sliced, a faggot of sweet herbs, four blades of mace, four bay-leaves, a pint of good veal or mutton broth, and four or five ounces of lean ham or gammon. Cover the pan close, and let it stew slowly three hours; then take up the meat, remove all the fat from the gravy, and boil it quick to a glaze. Keep the fricandeau quite hot, and then glaze it; and serve with the remainder of the glaze in the dish, and sorrel-sauce in a sauce tureen.

A cheaper, but equally good, Fricandeau of Veal.

58. With a sharp knife cut the lean part of a large neck from the best end, scooping it from the bones the length of your hand, and prepare it the same way as in the last receipt: three or four bones only will be necessary, and they will make the gravy; but if the prime part of the leg is cut off, it spoils the whole.

Fricandeau another way.—Take two large round sweetbreads, and prepare them as you would veal; make a rich gravy with truffles, morels, mushrooms, and artichoke-bottoms, and serve it round.

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59. *Another.*—Prepare as above, and fry them; lay them into a dish, and keep them hot; dredge a little flour, and put a bit of butter into the pan; brown it, then pour a little boiling water into it, and boil quick: season with pepper, salt, and ketchup, and pour over them.

60. *Another.*—Prepare as before, and dress the cutlets in an oven; pour over them melted butter and mushrooms.

Or, pepper, salt, and broil them, especially neck steaks. They are excellent without herbs.

Veal Olives.

61. Cut long thin collops, beat them, lay on them thin slices of fat bacon, and over these a layer of forcemeat seasoned high, with some shred shalot and Cayenne. Roll them tight, about the size of two fingers, but not more than two or three inches long; fasten them round with a small skewer, rub egg over them, and fry of a light brown. Serve with brown gravy, in which boil some mushrooms pickled or fresh. Garnish with balls fried.

Veal Cake.

62. Boil six or eight eggs hard; cut the yolks in two, and lay some of the pieces in the bottom of the pot: shake in a little chopped parsley, some slices of veal and ham, add then eggs again; shaking in after each some chopped parsley, with pepper and salt, till the pot is full. Then put in water enough to cover it, and lay

on it about an ounce of butter; tie it over with a double paper, and bake it about an hour. Then press it close together with a spoon, and let it stand till cold.

It may be put into a small mould; and then it will turn out beautifully for a supper or side dish.

Veal Sausages.

63. Chop equal quantities of lean veal and fat bacon, some sage, a little salt, pepper, and a few anchovies. Beat all in a mortar, and when used roll and fry it, and serve with fried sippets, or on stewed vegetables, or on white collops.

Scotch Collops

64. Cut veal into thin bits about three inches over, and rather round; beat with a rolling-pin, and grate a little nutmeg over them: dip into the yolk of an egg; and fry them in a little butter of a fine brown: pour the butter off: and have ready warm to pour upon them half a pint of gravy, a little bit of butter rubbed into a little flour, a yolk of egg, two large spoonfuls of cream, and a bit of salt. Don't boil the sauce, but stir it till of a fine thickness to serve with the collops.

To boil Calf's Head.

65. Clean it very nicely, and soak it in water, that it may look very white; take out the tongue to salt, and the brains to make a little dish. Boil the head extremely tender; then strew it over

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with crumbs and chopped parsley, and brown them; or, if liked better, leave one side plain. Serve bacon and greens to eat with it.

The brains must be boiled; and then mixed with melted butter, scalded sage chopped. pepper, and salt.

If any of the head is left, it may be hashed next day, and a few slices of bacon just warmed and put round.

Cold calf's head eats well if grilled.

To hash Calf's Head.

66. When half-boiled, cut off the meat in slices, half-an-inch thick, and two or three inches long: brown some butter, flour, and sliced onion, and throw in the slices with some good gravy, truffles, and morels; give it one boil, skim it well, and set it in a moderate heat to simmer till very tender. Season with pepper, salt, and Cayenne, at first; and ten minutes before serving, throw in some shred parsley, and a very small bit of tarragon and knotted marjoram cut as fine as possible; just before you serve, add the squeeze of a lemon. Force meat balls, and bits of bacon rolled round.

67. *Another way.*—Boil the head almost enough and take the meat of the best side nearly off the bone with a sharp knife; lay this into a small dish, wash it over with the yolks of two eggs, and cover it with crumbs, a few herbs nicely shred, a little pepper and salt, and a grate of nutmeg, all mixed together first. Set the dish before the fire;

and keep turning it now and then, that all parts of the head may be equally brown. In the meantime slice the remainder of the head and the tongue, but first peel the tongue: put a pint of good gravy into a pan, with an onion, a small bunch of herbs (consisting of parsley, basil, savoury, tarragon, knotted marjoram, and a little thyme), a little salt and Cayenne, a shalot, a glass of sherry, and a little oyster-liquor. Boil this for a few minutes, and strain it upon the meat, which should be dredged with some flour. Add some mushrooms either fresh or pickled, a few truffles and morels, and two spoonfuls of ketchup; then beat up half the brains, and put this to the rest with a bit of butter and flour. Simmer the whole.

Beat the other part of the brains with shred lemon-peel, and a little nutmeg and mace, some parsley shred, and an egg. Then fry it in little cakes of a beautiful yellow brown. Dip some oysters into the yolk of an egg, and do the same; and also some relishing forcemeat-balls made as for mock-turtle. Garnish with these, and small bits of bacon just made hot before the fire.

To collar Calf's Head.

68. Scald the skin off a fine head, clean it nicely and take out the brains. Boil it tender enough to remove the bones; then have ready a good quantity of chopped parsley, mace, nutmeg, salt and white pepper, mixed well; season it high with these; lay the parsley in a thick layer, then a quantity of thick slices of fine ham, or a beau-

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tiful colored tongue skinned, and then the yolks of six nice yellow eggs stuck here and there about. Roll the head quite close, and tie it up as tight as you can. Boil it, and then lay a weight on it. A cloth must be put under the tape, as for other collars.

Calf's Feet.

69. Parboil, and take out the long bones, split them, and then put them into a stewpan, with some veal gravy and a glass of white wine. Add the yolks of two or three eggs beaten up with a little cream, grated nutmeg, salt, and a bit of butter. Stir it till of a good thickness; and, when the whole has gently simmered for about ten minutes, pour it into your dish. Garnish with sliced lemon.

Calf's Liver.

70. Slice it, season with pepper and salt, and boil nicely: rub a bit of cold butter on it, and serve while hot.

Calf's Liver roasted.

71. Wash and wipe it; then cut a long hole in it, and stuff it with crumbs of bread, chopped anchovy, herbs, a good deal of fat bacon, onion, salt, pepper, a bit of butter, and an egg: sew the liver up; then lard, or wrap it in a veal-cawl, and roast it. Serve with a good brown gravy, No. 3, and currant jelly.

To dress the Liver and Lights.

72 Half boil an equal quantity of each, then cut them in middling-sized mince, put to it, a spoonful or two of the water that boiled it, a bit of butter, flour, salt, and pepper, simmer ten minutes, and serve hot.

Calf's Brains a la Maitre d'Hotel.

73. Take off all the fibres and skins which hang about the brains, and soak them in several waters, then boil them in salt and water, with a piece of butter, and a table-spoonful of vinegar; cut some thin slices of bread in the shape of scallop shells and fry them in butter, lay these in a dish, the brains divided in two, on them, and pour over Hotel-keepers' sauce, No. 12. A nice supper dish.

Sweetbreads.

74. Half boil them, and stew them in a white gravy: add cream, flour, butter, nutmeg, salt, and white pepper.

Or do them in brown sauce seasoned.

Or parboil them, and then cover them with crumbs, herbs, and seasoning, and brown them in the oven. Serve with butter, and mushroom ketchup or gravy.

75. *Sweetbreads roasted.*—Parboil two large ones when cold, lard them with bacon, and roast them in the oven. For sauce, plain butter, and mushroom-ketchup.

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76. *Sweet-bread Ragout.*—Cut them about the size of a walnut, wash and dry them, and fry them of a fine brown; pour to them a good gravy seasoned with salt, pepper, allspice, and either mushrooms or mushroom-ketchup: strain, and thicken with butter and a little flour. You may add truffles, morels and mushrooms.

Kidney.

77. Chop veal kidney, and some of the fat; likewise a little leek or onion, pepper, and salt; roll it up with an egg into balls, and fry them.

Calf's heart: stuff and roast as a beef's heart, or sliced, make it into a pudding.

Veal Stuffing.

78. Chop half a pound of suet, put it in a basin with three quarters of a pound of bread crumbs, a tea-spoonful of salt, a quarter of pepper, a little thyme, or lemon peel chopped, three whole eggs, mix well, and use where directed. A pound of bread crumbs and one more egg may be added: it will make it cut firmer.

Liver Stuffing.

79. To the above quantity of stuffing, chop fine four ounces of the liver of either calf, pig, sheep, or lamb, poultry, or game; mix well and use, adding a little more seasoning.

These stuffings are varied by the mixture of a little cooked ham, olives, capers, pickles, anchovies, or even red herring. A variety of ways, according to fancy, for any dish you please.

Pork.

[THE quality of pork entirely depends on the feeding. One thing is very certain, that whatever a pig is fed upon it will be much better in size and quality if kept clean and washed once a week; the old saying, "the hog thrives best in mire," does not hold good. Those breeds that produce a fine close-grained meat, not too much fat, and that firm, solid and pinkish white, are the best; if the tongue is clean and full, the animal has been well fed and the flesh is healthy. The flesh of the second quality of pork will be hard and red, and the fat of a yellow white. The meat of the third quality, will be coarse-grained, the fat soft, and the tongue and kidneys discoloured. Measly pork will be known by the small kernels in the fat. If the flesh is clammy and moist it is not fresh. The best way to judge the freshness of this, or other meat, is to take with you, in hot weather, a wooden skewer, and insert it in the flesh near the bone, and the smell will detect it immediately, this is much better than touching the meat. The skin of a sucking pig should be clear and fresh, the tongue clean, the flesh of a pinkish hue, and not too large in size. In roasting or boiling, ample time should be allowed for the joint. Pork is always salted for boiling.]

Salt Pork.

80. Take a four-quart pan, cut up some pork and greens, remove the stalk, slice them, and also add four onions sliced, four cloves, and one teaspoonful of pepper; press it well down; put over it a quarter of a pound of dripping, add a pint of water, and stew for three hours; a little salt may be added if the pork is not salt enough; it will make an excellent soup if filled up with water half an hour previous to using. Red cabbage may also be used, but first boiled for ten minutes in plain water; then add half a pint of vinegar and twelve pepper-corns, if handy.

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Pork and Green Peas.

81. Put a piece of salt pork, about two pounds, into a pan, with a quart of peas; fill up with water, add two tea-spoonfuls of salt, one of pepper, one of sugar, two onions; bake for three hours. Salt beef is also good done this way; a little mint may be added. Three pints of large peas alone, with a little dripping, is also very nice.

Pork and Cabbage.

82. Cut two good Savoy cabbages in thin slices, wash them, put half in pan, then a piece of pork about two pounds, or either ham, bacon, or salt beef; season as foregoing receipt, add the remainder of the cabbage; season again; add, if you have it, four cloves, or pepper-corns, four onions, and a bunch of sweet herbs; do not fill it with water to the brim, or it will boil over. Red cabbage may be used the same way, only adding half a pint of vinegar, and if beef, two ounces of dripping. Harriot beans, and other pulse, may be done precisely the same way. In fact, all dried pulse may be here used, and we cannot too strongly recommend both the dried harriot beans and lentils.

Spring or Forehand of Pork.

83. Cut out the bone; sprinkle salt, pepper, and sage dried, over the inside; but first warm a little butter to baste it, and then flour it; roll the pork tight, and tie it; then roast about two hours.

To roast a Leg of Pork.

84. Choose a leg of fine young pork: cut a slit in the knuckle with a sharp knife; and fill the space with sage and onion chopped, and a little pepper and salt. When half-done, score the skin in slices, but don't cut deeper than the outer rind. Apple-sauce, No. 27, and potatoes should be served to eat with it.

To boil a Leg of Pork.

85. Salt it eight or ten days: when it is to be dressed, weigh it; let it lie half an hour in cold water to make it white; allow twenty minutes for every pound, from the time it boils up: skim it as soon as it boils, and frequently after. Allow water enough. Save some of it to make peas-soup. Some boil it in a very nice cloth, floured; which gives a very delicate look. It should be small and of a fine grain.

Serve peas pudding and turnips with it.

Shoulders and Breasts of Pork.

86. Put them into pickle, or salt the shoulders as the leg; when very nice, they may be roasted.

Rolled Neck of Pork.

87. Bone it; put a forcemeat of chopped sage, a few crumbs of bread, salt, pepper and two or three berries of allspice, over the inside; then roll the meat as tight as you can, and roast it slowly, and at a good distance at first.

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Loin and Neck of Pork.

88. Roast them. Cut the skin of the loin across, at distances of half an inch, with a sharp pen-knife.

Spare-rib

89. Should be basted with a very little butter and a little flour, then sprinkled with dried sage crumbled. Apple-sauce, No. 27, and potatoes.

Pork Griskin

90. Is usually very hard ; the best way to prevent this is, to put it into as much cold water as will cover it, and let it boil up ; then instantly take it off, and put it into the oven : a very few minutes will do it. Remember to rub butter over it, and then flour it, before you put it to the fire.

Blade-bone of Pork,

91. Is taken from the bacon-hog ; the less meat left on it in moderation, the better. It is to be broiled ; and when just done, pepper and salt it. Put to it a piece of butter, and a tea-spoonful of mustard ; and serve it covered, quickly. A nice lunch.

To dress Pork as Lamb.

92. Kill a young pig of four or five months old ; cut up the fore quarter for roasting as you do lamb, and truss the shank close. The other parts will make delicate pickled pork ; or steaks, pies, &c.

Pork Steaks.

93. Cut them from a loin or neck, and of middling thickness; pepper and broil them, turning them often; when nearly done, put on salt, rub a bit of butter over, and serve the moment they are taken off the fire, a few at a time.

Sausages.

94. Chop fat and lean of pork together; season it with sage, pepper, and salt, and you may add two or three berries of allspice; *half fill* hogs' guts that have been soaked and made very clean; or the meat may be kept in a very small pan, closely covered; and so rolled and dusted with a very little flour before it is fried. Serve on stewed red cabbage; or mash potatoes put in a form, brown with salamander, and garnish with the above; they must be pricked with a fork before they are dressed, or they will burst.

An excellent Sausage to eat cold.

95. Season lean and fat pork with some salt, saltpetre, black pepper, and allspice, all in fine powder, and rub into the meat; the sixth day cut it small; and mix with it some shred shallot or garlic, as fine as possible. Have ready an ox-gut that has been scoured, salted and soaked well, and fill it with the above stuffing; tie up the ends, and hang it to smoke as you would hams, but first wrap it in a fold or two of old muslin. It must be high dried. Some eat it without boiling, but others like it boiled first.

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The skin should be tied in different places, so as to make each link about eight or nine inches long.

Spadbury's Oxford Sausages.

96. Chop a pound and a half of pork, and the same of veal, cleared of skin and sinews; and three quarters of a pound of beef suet; mince and mix them; steep the crumb of a small loaf in water, and mix it with the meat, with also a little dried sage, pepper, and salt.

To scald a Sucking Pig.

97. The moment the pig is killed, put it into cold water for a few minutes; then rub it over with a little resin beaten extremely small, and put it into a pail of scalding water half a minute; take it out, lay it on a table, and pull off the hair as quickly as possible; if any part does not come off put it in again. When quite clean, wash it well with warm water, and then in two or three cold waters, that no flavour of the resin may remain. Take off all the feet at the first joint; make a slit down the belly, and take out the entrails; put the liver, heart and lights to the feet. Wash the pig well in cold water, dry it thoroughly, and fold it in a wet cloth to keep it from the air.

To roast a Sucking Pig.

98. If you can get it when just killed, this is of great advantage. Let it be scalded which the dealers usually do; then put some sage, chopped

onions, crumbs of bread, salt and pepper, into the belly, and sew it up. Observe to skewer the legs back, or the under part will not crisp. Lay it to a brisk fire till thoroughly dry; then have ready some butter in a dry cloth, and rub the pig with it in every part. Dredge as much flour over as will possibly lie, and do not touch it again till ready to serve; then scrape off the flour very carefully with a blunt knife, rub it well with the buttered cloth, and take off the head while at the fire; take out the brains, and mix them with the gravy that comes from the pig. Then take it up; and, without withdrawing the spit, cut it down the back and belly; lay it into the dish, and chop the sage and bread quickly as fine as you can, and mix them with a large quantity of fine melted butter that has very little flour. Put the sauce into the dish after the pig has been split down the back, and garnished with the ears and the two jaws; take off the upper part of the head down to the snout, or served whole, if small; the head only being cut off, to garnish as above.

Pettitoes.

99. Boil them, the liver, and the heart, in a small quantity of water, very gently; then cut the meat fine, and simmer it with a little of the water and the feet split, till the feet are quite tender; thicken with a bit of butter, a little flour, a spoonful of cream, and a little salt and pepper; give it a boil up, pour it over a few sippets of bread, and put the feet on the mince.

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To make excellent meat of a Hog's Head.

100. Split the head, take out the brains, cut off the ears, and sprinkle it with common salt for a day; then drain it; salt it well with common salt and saltpetre three days, then lay the salt and head into a small quantity of water for two days. Wash it, and boil till all the bones will come out; remove them, and chop the head as quick as possible; but first skin the tongue, and take the skin carefully off the head, to put under and over. Season with pepper, salt, and a little mace or allspice berries. Put the skin into a small pan, press the cut head in, and put the other skin over; press it down. When cold, it will turn out, and make a kind of brawn. If too fat, you may put a few bits of lean pork to be prepared the same way. Add salt and vinegar, and boil these with some of the liquor for a pickle to keep it.

To collar Pig's Head.

101. Scour the head and ears nicely; take off the hair and snout, and take out the eyes and the brain; lay it into water one night; then drain, salt it well with common salt and saltpetre, and let it lie five days. Boil it enough to take out the bones; then lay it on the table, turning the thick end of one side of the head towards the thin end of the other, to make the roll of equal size; sprinkle it well with salt and white pepper, and roll it with the ears; and if you approve, put the pig's feet round the out-

side when boned, or the thin parts of two cow-heels. Put it in a cloth, bind with a broad tape, and boil it till quite tender; then put a good weight upon it, and don't take off the covering till cold.

If you choose it to be more like brawn, salt it longer, and let the proportion of saltpetre be greater; and put in also some pieces of lean pork and then cover it with cow-heel, to look like the horn. This may be kept either in or out of pickle of salt and water boiled with vinegar; and is a very convenient thing to have in the house. If likely to spoil, slice and fry it either with or without batter.

To roast Porker's Head.

102. Choose a fine young head, clean it well, and put bread and sage and onion, as for pig; sew it up tight, and roast it as a pig, and serve with sauce No. 27.

To dry Hog's Cheeks.

103. Cut out the snout, remove the brains, and split the head, taking off the upper bone, to make the chowl a good shape; rub it well with salt; next day take away the brine, and salt it again the following day: cover the head with half an ounce of saltpetre, two ounces of bay-salt, a little common salt, and four ounces of coarse sugar. Let the head be often turned; after ten days smoke it for a week, like bacon.

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To prepare Pig's Cheek for boiling.

104. Cut off the snout, and clean the head ; divide it, and take out the eyes and the brains ; sprinkle the head with salt, and let it drain twenty-four hours. Salt it with common salt and saltpetre ; let it lie eight or ten days if to be dressed without stewing peas, but less if to be dressed with peas ; and it must be washed first, and then simmered till all is tender.

Different ways of dressing Pig's Feet and Ears.

105. Clean carefully, and soak some hours, and boil them tender ; then take them out ; boil some vinegar and a little salt with some of the water, and when cold put it over them. When they are to be dressed, dry them, cut the feet in two, and slice the ears ; fry, and serve with butter, mustard, and vinegar. They may be either done in batter, or only floured.

Pig's Feet and Ears fricasseed.

106. Put no vinegar into the pickle, if to be dressed with cream. Cut the feet and ears into neat bits, and boil them in a little milk ; then pour that from them, and simmer in a little veal broth No. 32, with a bit of onion, mace, and lemon-peel. Before you serve, add a little cream, flour, butter, and salt.

Jelly of Pig's Feet and Ears.

107. Clean and prepare as in the last article, then boil them in a very small quantity of water

till every bone can be taken out; throw in half a handful of chopped sage, the same of parsley, and a seasoning of pepper, salt, and mace, in fine powder; simmer till the herbs are scalded, then pour the whole into a melon-form.

Pig's Harslet.

108. Wash and dry some liver, sweetbreads, and fat and lean bits of pork, beating the latter with a rolling-pin to make it tender; season with pepper, salt, sage, and a little onion shred fine; when mixed, put all into a cawl, and fasten it up tight with a needle and thread. Then roast.

Or serve in slices with parsley for a fry.

Serve with a sauce of port-wine and water, and mustard, just boiled up and put into the dish.

Mock Brawn.

109. Boil a pair of neat's feet very tender; take the meat off, and have ready the belly-piece of pork salted with common salt and saltpetre for a week. Boil this almost enough; take out any bones, and roll the feet and the pork together. Then roll it very tight with a strong cloth and coarse tape. Boil it till very tender, then hang it up in the cloth till cold; after which keep it in a sousing-liquor, as is next directed.

Souse for Brawn, and for Pig's Feet and Ears.

110. Boil a quarter of a peck of wheat bran, a sprig of bay, and a sprig of rosemary, in two gallons of water, with four ounces of salt in it, for half an hour. Strain it and let it get cold.

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To dress Hams.

111. If long hung, put the ham into water a night; and let it lie either in a hole dug in the earth, or on damp stones sprinkled with water, two or three days, to mellow; covering it with a heavy tub, to keep vermin from it. Wash well, and put it into a boiler with plenty of water; let it simmer four, five, or six hours, according to the size. When done enough, if before the time of serving, cover it with a clean cloth doubled, and keep the dish hot over boiling water. Take off the skin, and strew raspings over the ham. Garnish with carrot. Preserve the skin as whole as possible, to keep over the ham when cold, which will prevent its drying.

To make Black Puddings.

112. The blood must be stirred with salt till cold. Put a quart of it, or rather more, to a quart of whole grits, to soak one night; and soak the crumb of a quartern loaf in rather more than two quarts of new milk made hot. In the meantime prepare the guts by washing, turning, and scraping with salt and water, and changing the water several times. Chop fine a little winter savoury and thyme, a good quantity of pennyroyal, pepper, and salt, a few cloves, some allspice, ginger, and nutmeg; mix these with three pounds of beef suet, and six eggs well beaten and strained; and then beat the bread, grits, &c., all up with the seasoning: when well mixed, have ready some hog's fat cut into large bits;

and as you fill the skins, put it in at proper distances. Tie in links, only half filled; and boil in a large kettle, pricking them as they swell, or they will burst. When boiled lay them between clean cloths till cold, and hang them up in the kitchen. When to be used, scald them a few minutes in water, wipe and put them into the oven.

If there are not skins enough, put the stuffing into basins, and boil it covered with floured cloths; and slice and dry it when used.

113. *Another way.*—Soak all night a quart of bruised grits in as much boiling hot milk as will swell them and leave half a pint of liquid. Chop a good quantity of pennyroyal, some savoury and thyme; salt, pepper, and allspice, finely powdered. Mix the above with a quart of the blood, prepared as before directed, and half fill the skins, and put as much of the leaf (that is, the inward fat) of the pig as will make it pretty rich. Boil as before directed. A small quantity of leeks finely shred and well mixed, is a great improvement.

White Hog's Pudding.

114. When the skins have been soaked and cleaned as before directed, rinse and soak them all night in rose-water, and put into them the following filling:—Mix half a pound of blanched almonds cut into seven or eight bits, with a pound of grated bread, two pounds of marrow or suet, a pound of currants, some beaten cinnamon,

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cloves, mace, and nutmeg, a quart of cream, the yolks of six and whites of two eggs, a little orange-flower water, a little fine Lisbon sugar, and some lemon-peel and citron sliced, and half fill the skins. To know whether sweet enough, warm a little in a panikin. In boiling, much care must be taken to prevent the puddings from bursting. Prick them with a small fork as they rise, and boil them in milk and water. Lay them in a table-cloth till cold.

Hog's Lard

115. Should be carefully melted in a jar put into a kettle of water, and boiled, run it into bladders that have been well cleaned. The smaller they are the better the lard keeps; as after the air reaches it, it becomes rank. Put in a sprig of rosemary when melting.

This being a most useful article for frying fish, it should be prepared with care. Mixed with butter, it makes fine crust.

To cure Hams.

116 Hang them a day or two; then sprinkle them with a little salt, and drain them another day; pound an ounce and a half of saltpetre, the same quantity of bay-salt, half an ounce of sal-prunel, and a pound of the coarsest sugar. Mix these well; and rub them into each ham every day for four days, and turn it. If a small one, turn it every day for three weeks; if a large one, a week longer; but don't rub after four

days. Before you dry it, drain and cover with bran. Smoke it ten days.

117. *Another way.*—Choose the leg of a hog that is fat and well-fed; hang it as above; if large, put to it a pound of bay salt, four ounces of saltpetre, a pound of the coarsest sugar, and a handful of common salt, all in fine powder, and rub it thoroughly. Lay the rind downwards and cover the fleshy part with the salts. Baste it as often as you can with the pickle; the more the better. Keep it four weeks, turning it every day. Drain it, and throw bran over it; then hang it in a chimney where wood is burnt, and turn it occasionally for ten days.

118. *A method of giving a higher flavour.*—Sprinkle the ham with salt, after it has hung two or three days; let it drain; make a pickle of a quart of strong beer, half a pound of treacle, an ounce of coriander-seeds, two ounces of juniper-berries, an ounce of pepper, the same quantity of allspice, an ounce of saltpetre, half an ounce of sal-prunel, a handful of common salt, and a head of shalot, all pounded or cut fine. Boil these all together a few minutes, and pour them over the ham: this quantity is for one of ten pounds. Rub and turn it every day, for a fortnight; then sew it up in a thin linen bag, smoke it three weeks.

To pickle Pork.

119. The quantities proportioned to the middlings of a pretty large hog, the hams and shoulders being cut off. Mix, and pound fine,

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four ounces of saltpetre, a pound of coarse sugar, an ounce of sal-prunel, and a little common salt; sprinkle the pork with salt, and drain it twenty-four hours; then rub with the above; pack the pieces tight in a small deep tub, filling up the spaces with common salt. Place large pebbles on the pork to prevent it from swimming in the pickle which the salt will produce. If kept from air, it will continue very fine for two years.

To make a Pickle that will keep for years, for Hams, Tongues, or Beef, if boiled and skimmed between each parcel of them.

120. To two gallons of spring-water put two pounds of coarse sugar, two pounds of bay, and two pounds and a half of common salt, and half a pound of saltpetre, in a deep earthen glazed pan that will hold four gallons, and with a cover that will fit close. Keep the beef or hams as long as they will bear, before you put them into the pickle; and sprinkle them with coarse sugar in a pan, from which they must drain. Rub the hams, &c., well with the pickle, and pack them in close; putting as much as the pan will hold, so that the pickle may cover them. The pickle is not to be boiled at first. A small ham may lie fourteen days, a large one three weeks; a tongue twelve days, and beef in proportion to its size. They will eat well out of the pickle without drying. When they are to be dried, let each piece be drained, over the pan; and when it will drop no longer, take a clean sponge and

dry it thoroughly. Six or eight hours will smoke them, and there should be only a little sawdust and wet straw burnt to do this; but if put into a baker's chimney, sew them in coarse cloth, and let them hang a week.

Excellent Bacon.

121. Divide the hog, and take the chine out: it is common to remove the spare-ribs, but the bacon will be preserved better from being rusty if they are left in. Salt the bacon six days, then drain it from that first pickle; mix as much salt as you judge proper with eight ounces of bay-salt, three ounces of saltpetre, and a pound of coarse sugar, to each hog, but first cut off the hams. Rub the salt well in, and turn it every day for a month. Drain, and smoke it a few days; or dry without, by hanging in the kitchen, not near the fire.

The manner of curing Wiltshire Bacon.

122. Sprinkle each flitch with salt, and let the blood drain off for twenty-four hours: then mix a pound and a half of coarse sugar, the same quantity of bay-salt, not quite so much as half a pound of saltpetre, and a pound of common salt; and rub this well on the bacon, turning it every day for a month; then hang it to dry, and afterwards smoke it ten days. This quantity of salts is sufficient for the whole hog.

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Mutton.

[SHEEP between four and five years old produce the finest quality of mutton, but it is seldom got above three, and often under two years. The flesh should be a darkish, clear, red colour; the fat white and firm, the meat short and tender when pinched, and ought not to be too fat. The fat of second quality mutton is rather spongy, the lean close, rough grained, a deep red, and the fat adheres firmly to the meat. Third quality mutton may be from a sheep which has had some disease and recovered; the liver, would always show this, but as butchers generally remove it, and do not let it be seen, you cannot judge from it. The flesh, however, will be paler, the fat a faint white, and the flesh loose from the bone; if very bad and diseased, the fat will be yellow, and the lean flabby and moist. To ascertain if it is fresh, use skewers, as for pork.]

On keeping and dressing Mutton.

123. Cut out the pipe that runs along the bone inside of a chine of mutton; and if to be kept a great time, rub the part close round the tail with salt, after cutting out the kernel.

The kernel in the fat on the thick part of the leg should be taken out by the butcher, for it taints first there. The chine and rib-bones should be wiped every day; and the bloody part of the neck be cut off, to preserve it. The brisket changes first in the breast; and if it is to be kept, it is best to rub it with a little salt, if the weather be hot.

For roasting the hind-quarter, it should hang as long as it will keep, but not so long as to taint; putrid juices ought not to be taken into the stomach.

Mutton for boiling will not look of a good colour if it has hung long.

Leg of Mutton boiled.

124. To prepare a leg of mutton for boiling, trim it as for roasting; soak it for a couple of hours in cold water; then put only water enough to cover it, and let it boil gently for three hours, or according to its weight. Some cooks boil it in a cloth; but if the water be afterwards wanted for soup, that should not be done; some salt and an onion put into the water is far better. When nearly ready, take it from the fire, and, keeping the pot well covered, let it remain in the water for ten or fifteen minutes.

The English taste being in favor of meat in which the gravy has been retained, this joint is esteemed to be in perfection when a little underdone. It is sent to table with caper-sauce, No. 35, and mashed turnips.

Neck of Mutton,

125. Is particularly useful, as so many dishes may be made of it; but it is not advantageous for the family. The bones should be cut short, which the butchers will not do unless desired.

The best end of the neck may be boiled, and served with turnips; or roasted, or dressed in steaks, in pies, or harrico.

The scrags may be stewed in broth. or with a small quantity of water, some small onions, a few pepper-corns, and a little rice, and served together.

When a neck is to be boiled to look particularly nice, saw down the chin-bone, strip the ribs

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half-way down, and chop off the ends of the bones about four inches. The skin should not be taken off till boiled, and then the fat will look whiter.

When there is more fat to a neck or loin of mutton, than it is agreeable to eat with the lean, it makes an uncommonly-good suet pudding, or crust for a meat pie, if cut very fine.

Shoulder of Mutton roasted.

126. Serve with onion sauce, No.17. The blade-bone may be broiled.

To dress a Haunch of Mutton

127. Keep it as long as it can be preserved sweet by the different modes: let it be washed with warm milk and water, or vinegar, if necessary; but when to be dressed, observe to wash it well, lest the outside should have a bad flavour from keeping. Put a paste of coarse flour on strong paper, and fold the haunch in: set it at a great distance from the fire, and allow proportionable time for the paste; don't take it off till about thirty-five or forty minutes before serving, and then baste it continually. Bring the haunch nearer to the fire before you take off the paste, and froth it up as you would venison.

A gravy must be made of a pound and a half of loin of old mutton, simmered in a pint of water to half, and no seasoning but salt; brown it with a little burnt sugar, and send it up in the dish; but there should be a good deal of gravy in the meat; for though long at the fire, the

distance and covering will prevent its roasting out. Serve with currant-jelly sauce.

To roast a saddle of Mutton.

128. Let it be well kept first. Raise the skin, and then skewer it on again; take it off a quarter of an hour before serving, sprinkle it with some salt, baste it, and dredge it well with flour. The rump should be split, and skewered back on each side. The joint may be large or small according to the company; it is the most elegant if the latter. Being broad it requires a high and strong fire.

Fillet of Mutton braised.

129. Take off the chump end of the loin, butter some paper, and put over it, and then a paste as for venison; roast it two hours. Don't let it be the least brown. Have ready some French beans boiled and drained on a sieve; and while the mutton is being glazed, give them one heat-up in gravy, and lay them on the dish with the meat over them.

Harrico.

130. Take off some of the fat, and cut the middle or best end of the neck into rather thin steaks; flour and dry them in their own fat of a fine light brown, but not enough for eating. Then put them into a dish while you fry the carrots, turnips, and onions; the carrots and turnips in dice, the onions sliced; but they must only be warmed, not browned, or you need not fry them. Then lay the steaks at the bottom of

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a stewpan, the vegetables over them, and pour as much boiling water as will just cover them; give one boil, skim well, and then set the pan on the side of the fire to simmer gently till tender. In three or four hours skim them; and add pepper, salt and a spoonful of ketchup.

To hash Mutton.

131. Cut thin slices of dressed mutton, fat and lean; flour them; have ready a little onion boiled in two or three spoonfuls of water; add to it a little gravy and the meat seasoned, and make it hot, but not to boil. Serve in a covered dish. Instead of onion, a clove, a spoonful of currant-jelly, and half a glass of port wine, will give an agreeable flavour of venison, if the meat be fine.

Breast of Mutton.

132. Cut off the suprefluous fat, and roast and serve the meat with stewed cucumbers; or to eat cold, covered with chopped parsley. Or half boil and then grill it before the fire; in which case cover it with crumbs and herbs, and serve with caper-sauce, No. 35. Or if boned, take off a good deal of the fat, and cover it with bread, herbs, and seasoning; then roll and boil; and serve with chopped walnuts, or capers and butter.

Loin of Mutton,

133. Roasted; if cut lengthways as a saddle, some think it cuts better. Or for steaks, pies, or broth.

To roll Loin of Mutton.

134. Hang the mutton till tender; bone it; and lay a seasoning of pepper, allspice, mace, nutmeg, and a few cloves, all in fine powder, over it. Next day prepare a stuffing as for hare; (see to roast hare) beat the meat, and cover it with the stuffing; roll it up tight, and tie it. Half-bake it in a slow oven; let it grow cold; take off the fat, and put the gravy into a stewpan; flour the meat, and put it in likewise; stew it till almost ready; and add a glass of port wine, some ketchup, an anchovy, and a little lemon-pickle, half an hour before serving; serve it in the gravy, and with jelly-sauce. A few fresh mushrooms are a great improvement; but if to eat like hare do not use these, nor the lemon-pickle.

Mutton Ham.

135. Choose a fine-grained leg of wether-mutton, of twelve or fourteen pounds weight; let it be cut ham-shape, and hang two days. Then put into a stewpan half a pound of bay-salt, the same of common salt, two ounces of saltpetre, and half a pound of coarse sugar, all in powder; mix and make it quite hot; then rub it well into the ham. Let it be turned in the liquor every day; at the end of four days put two ounces more of common salt; in twelve days take it out, dry it, and hang it up in wood-smoke a week. It is to be used in slices with stewed cabbage, mashed potatoes, or eggs.

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To boil Shoulder of Mutton with Oysters.

136. Hang it some days, then salt it well for two days; bone it, and sprinkle it with pepper and a bit of mace pounded: lay some oysters over it, and roll the meat up tight and tie it. Stew it in a small quantity of water, with an onion and a few pepper-corns, till quite tender.

Have ready a little good gravy, and some oysters, stewed in it; thicken this with flour and butter, and pour over the mutton when the tape is taken off. The stewpan should be kept close covered.

Mutton Collops.

137. Take a loin of mutton that has been well hung; and cut from the part next the leg, some collops very thin. Take out the sinews. Season the collops with salt, pepper and mace; then strew over them shred parsley, thyme, and two or three shalots: fry them in butter till half-done; add half a pint of gravy, a little juice of lemon, and a piece of butter rubbed in flour; and simmer the whole very gently five minutes. They should be served immediately, or they will be hard.

Mutton Steaks

138. Should be cut from a loin or steak that has hung; if a neck the bones should not be long. They should be broiled on a clear fire, seasoned when half-done, and often turned; take them up into a very hot dish, rub a bit of butter on each, and serve hot the moment they are done.

Mutton Sausages.

139. Take a pound of the rawest part of a leg of mutton that has been either roasted or boiled; chop it small, and season it with pepper, salt, mace, and nutmeg: add to it six ounces of beef suet, some sweet herbs, two anchovies, and a pint of oysters, all chopped very small; a quarter of a pound of grated bread, some of the anchovy liquor, and the yolks and whites of two eggs well beaten. Put it all, when well mixed, into a little pot; and use it by rolling it into balls or sausage shape and frying. If approved a *little* shallot may be added, or garlic, is a great improvement.

To dress Mutton Rumps and Kidney.

140. Stew six rumps in some good mutton-gravy half an hour; then take them up, and let them stand to cool. Clear the gravy from the fat; and put into it four ounces of boiled rice, an onion stuck with cloves, and a blade of mace; boil them till the rice is thick. Wash the rumps with yolks of eggs well beaten; and strew over them crumbs of bread, a little pepper and salt, chopped parsley, and thyme, and grated lemon-peel. Fry in butter till a fine brown. While the rumps are stewing, lard the kidneys, and put them to roast in an oven. When the rumps are fried, the grease must be drained before they are put on the dish, and the pan being cleared likewise from the fat, warm the rice in it. Lay the latter on the dish; the rumps put round on the rice, the narrow ends towards the middle, and

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the kidneys between. Garnish with hard eggs cut in half, the white being left on; or with different coloured pickles.

Mutton Steaks Maintenon.

141. Half-fry, stew them, while hot, with herbs, crumbs, and seasoning; put them in paper immediately, and finish on the gridiron. Be careful the paper does not catch; rub a bit of butter on it first to prevent that.

An excellent Hotch-Potch.

142. Stew peas, lettuce, and onions, in a very little water, with a beef or ham bone. While these are doing, fry some mutton or lamb steaks seasoned, of a nice brown; three quarters of an hour before dinner, put the steaks into a stewpan, and the vegetables over them; stew them, and serve altogether in a tureen.

143. *Another* — Knuckle of veal, and scrag of mutton, stewed with vegetables as above; to both add a bit of butter rolled in flour.

China Chilo.

144. Mince a pint basin of undressed neck of mutton, or leg, and some of the fat; put two onions, a lettuce, a pint of green peas, a tea-spoonful of salt, a tea-spoonful of pepper, four spoonfuls of water, and two or three ounces of clarified butter, into a stewpan, closely covered; simmer two hours, and serve in the middle of a dish of boiled dry rice. If Cayenne is approved, add a little.

Lamb.

[HOUSE-LAMB is in season in March; grass-lamb comes in the end of May. Although preference is generally given to the former, both, nevertheless, are favourite dishes. Prime lamb should be at least four months old, and ought to weigh from thirty to forty pounds; the fat should be white and clear in appearance, the flesh a pinkish white, smooth and firm to the touch. Second quality is not so well covered with fat, the flesh red, the meat softer, and the joints present a coarser appearance. Third quality is flabby, lean and red; the fat yellow. To ascertain if fresh, place the finger between the loin and kidney, if moist or tainted, do not purchase it.]

Leg of Lamb

145. Should be boiled in a cloth to look as white as possible. The loin fried in steaks and served round, garnished with dried or fried parsley; spinach to eat with it; or dressed separately, or roasted.

Fore-quarter of Lamb.

146. Roast it either whole, or in separate parts. If left to be cold, chopped parsley should be sprinkled over it. The neck and breast together is called a scoven.

Leg, Breast, Scrag, and Head of Lamb.

147. Put the joint into a saucepan, with one carrot, two turnips, one leek, cut in thick slices, thirty young button onions whole, three tea-spoonfuls of salt and one of pepper, cover with water, and set it on the fire, or in your oven for one hour; at the end of one hour put in one pint of peas, a little green mint, and a tea-spoonful of

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sugar ; set it by the side of the fire or in the oven for half an hour longer, and serve. This is for a leg or joint of five pounds weight ; for a larger one take a little longer time. A bunch of parsley and sweet-herbs may be added, but should be removed when served. The flavour is exquisite, and may be served with vegetables or without, as liked, but then the broth should be strained, and the vegetables served separate, or the broth made into spring or other soups.

Breast of Lamb and Cucumbers.

148. Cut off the chin-bone from the breast, and set it on to stew with a pint of gravy. When the bones would draw out, put it on the gridiron to grill ; and then lay it in a dish on cucumbers nicely stewed.

Shoulder of Lamb, forced, with Sorrel-sauce.

149 Bone a shoulder of lamb, and fill it up with forcemeat : braise it two hours over a slow stove. Take it up, glaze it ; or it may be glazed only, and not braised. (The method for both see end of PART IV.) Serve with sorrel-sauce under the lamb.

Lamb Steaks.

150. Fry them of a beautiful brown ; when served, throw over them a good quantity of crumbs of bread fried, and crimped parsley.

Mutton or lamb steaks, seasoned and broiled in buttered capers, either with crumbs and herbs, or without, are a genteel dish, and eat well. Serve with Sauce Robart, No 22.

House-Lamb Steaks, white.

151. Stew them in milk and water till very tender, with a bit of lemon-peel, a little salt, some pepper, and mace. Have ready some veal gravy, and put the steaks into it; mix some mushroom powder, a cup of cream, and the least bit of flour; shake the steaks in this liquor, stir it, and let it get quite hot. Just before you take it up, put in a few white mushrooms. This is a good substitute when poultry is very dear.

Lamb Cutlets with Spinach.

152. Cut the steaks from the loin, and fry them; the spinach is to be stewed and put into the dish first, and then the cutlets round it.

Lamb's Head and Hinge.

153. This part is best from a house-lamb; but any, if soaked in cold water, will be white. Boil the head separately till very tender. Have ready the liver and lights three parts boiled and cut small; stew them in a little of the water in which they were boiled, season and thicken with flour and butter, and serve the mince round the head.

Lamb's Fry.

154. Serve it fried of a beautiful colour, and with a good deal of dried or fried parsley over it.

Lamb's Sweetbreads.

155. Blanch them, and put them a little while into cold water. Then put them into a stewpan

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with a ladleful of broth, some pepper and salt, a bunch of small onions, and a blade of mace; stir in a bit of butter and flour, and stew half an hour. Have ready two or three eggs well beaten in cream, with a little minced parsley, and a few grates of nutmeg. Put in some boiled asparagus tops to the other things. Don't let it boil after the cream is in: but make it hot, and stir it well all the while. Take care it does not curdle. Young French beans or peas may be added.

Roast Sweetbread.

156. Boil sweetbreads, either heart or throat, trim them and dry them, then egg and bread crumb them; brown them before the fire or in the oven; put good clear gravy under them, and water-cresses, as a garnish.

A very nice dish.

157. Take the best end of a neck of lamb, cut it into steaks, and chop each bone so short as to make the steaks almost round. Egg and strew with crumbs, herbs, and seasoning; fry them brown; mash some potatoes with a little butter, and put them into the middle of the dish raised high. Then place the edge of one steak on another with the small bone upward, all round the potatoes.

Larding.

158. Get what is called a larding needle, that is, a piece of steel from six to nine inches long, pointed at one end, and having four slits at the

other, which will hold a small strip of bacon when put between them. Cut the pieces of bacon two or three inches long, and a quarter to half an inch square, put each one after the other in the pin, insert it in the meat, and leave only half an inch out; eight pieces to each pound.

To braise,

159. Is to put meat into a stew-pan, covered with fat bacon : then add six or eight onions, a faggot of herbs, carrots if to be brown, celery, any bones, or trimmings of meat or fowls, and some stock (which you will find among soups and GRAVIES.) The bacon must be covered with a paper, and the lid of the pan must be put down close. Set it on a slow stove; and, according to what it is, it will require two or three hours. The meat is then to be taken out; and the gravy very nicely skimmed, and set on to boil *very* quick till it is thick. The meat is to be kept hot; and if larded, put into the oven for a few minutes, and then put the jelly over it, which is called glazing, and is used for ham, tongue, and many made dishes. White wine is added to some glazing. The glaze should be of a beautiful clear yellow brown, and it is best to put it on with a nice brush.

To clarify Butter for potted things

160. Put it into a sauce-boat, and set that over the fire in a stew-pan that has a little water in. When melted, take care not to pour the milky parts over the potted things.

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PART V.

POULTRY, EGGS AND GAME.

[FOWLS.—If a rooster is young, its spurs will be short; if fresh, the vent will be close and dark. Pullets are best just before they commence to lay; their combs and legs will be smooth; if old hens, rough. A good capon has a thick belly and large rump; there is a particular fat at his breast, the comb very pale. If a turkey-cock is young, it has a smooth black leg, with short spur; the eye full and bright, if fresh, the feet supple and moist; if stale, the eye will be sunk and feet dry. The freshness of the hen is known by the same rules. The bill and feet of a young goose will be yellow, and but few hairs upon them; if old they will be red: if fresh the feet will be pliable, if stale, dry and stiff. Green geese (till four months old) should be scalded; a stubble goose picked dry. Choose ducks by the same rules; they should be picked dry; ducklings scalded. Pigeons should be very fresh; when they look flabby about the vent, and discoloured, they are stale; the feet should be supple, if old, the feet are harsh. Wood-pigeon is large, and the flesh dark-coloured. Plovers are fastest and best that feel hard at the vent; in other respects choose by the same marks as other fowl; there are three sorts, the grey, green, and bastard plover, or lapwing. Partridges are in season in autumn: if young, the bill is of a dark colour, the legs yellowish, if fresh, the vent will be firm, if stale, greenish. The cock pheasant is considered best, except when the hen is with egg.]

Directions for dressing Poultry and Game.

ALL poultry should be carefully picked, every plug removed, and the hair singed with white paper. The cook must be careful in drawing poultry of all sorts, not to break the gall-bag, for no washing will take off the bitter where it

has touched. In dressing wild fowl, be careful to keep a brisk fire.

Tame fowls require more roasting, and are longer in heating through than others. All kinds should be continually basted, that they may appear of a fine colour. A large fowl will take three quarters of an hour; a middling one half an hour; a chicken twenty minutes. A capon will take from half an hour to thirty-five minutes; a goose, an hour; wild ducks, a quarter of an hour; pheasants, twenty minutes; a small turkey stuffed, an hour and a quarter; grouse, a quarter of an hour; quails, ten minutes; and partridges, from twenty to twenty-five minutes. A hare will take near an hour.

Almost any kind of vegetables, such as carrots turnips, onions, potatoes, celery, or mushrooms, may be put raw in the pan and cooked under poultry, as well as cabbage, spinach, or greens, previously boiled and chopped.

To blanch Poultry and Game.

1. Is to set it on the fire in a small quantity of cold water and let it boil; as soon as it boils it is to be taken out, and put into cold water for a few minutes.

To boil Turkey.

2. Make a stuffing of bread, herbs, salt, pepper, nutmeg, lemon-peel, a few oysters or an anchovy, a bit of butter, some suet, and an egg: put this into the crop, fasten up the skin, and boil the turkey in a floured cloth to make it very white.

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Have ready oyster-sauce made with butter, a little cream, and a spoonful of soy, if approved, or No. 39; and pour it over the bird; or liver-sauce, No. 15. Hen-birds are best for boiling, and should be young.

To roast Turkey.

3. The sinews of the legs should be drawn whichever way it is dressed. The head should be twisted under the wing; and in drawing it, take care not to tear the liver, nor let the gall touch it.

Put a stuffing of sausage-meat; or, if sausages are to be served in the dish, a bread stuffing. As this makes a large addition to the size of the bird, observe that the heat of the fire is constantly to that part; for the breast is often not done enough. A little strip of paper should be put on the bone, to hinder it from scorching while the other parts roast. Baste well and froth it up. Serve with gravy in the dish, and plenty of bread-sauce in a sauce tureen. Add a few crumbs and a beaten egg to the stuffing of sausage-meat.

Pulled Turkey.

4. Divide the meat of the breast by pulling instead of cutting; then warm it in a spoonful or two of white gravy, and a little cream, grated nutmeg, salt, and a little flour and butter; don't boil it. The leg should be seasoned, scored, and broiled, and put into the dish with the above round it. Cold chicken does as well.

To boil Fowl.

5. For boiling, choose those that are not black legged. Pick them nickly, singe, wash, and truss them. Flour them, and put them into boiling water. Serve with parsley and butter; oyster, lemon, liver, or celery-sauce. If for dinner, ham, tongue, or bacon, is usually served to eat with them; as likewise greens.

To boil Fowl with Rice.

6. Stew the fowl very slowly in some clear mutton broth well skimmed; and seasoned with onion, mace, pepper, and salt. About half an hour before it is ready, put in a quarter of a pint of rice well washed and soaked. Simmer till tender; then strain it from the broth, and put the rice on a sieve before the fire. Keep the fowl hot, lay it in the middle of the dish, and the rice round it without the broth. The broth will be very nice to eat as such, but the less liquor the fowl is done with the better. Gravy, or parsley and butter, for sauce.

Minced Fowl.

7. Cut the remains into small dice, with a little tongue or ham, add thick white sauce, season mildly; it can be served with poached eggs, No. 21, over.

Fowls roasted.

8. Serve with egg-sauce, bread-sauce, or garnished with sausages and scalded parsley.

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A large barn door fowl well hung, should be stuffed in the crop with sausage-meat, and served with gravy in the dish, and with bread-sauce.

The head should be turned under the wing, as a turkey.

A nice way to dress a Fowl for a small dish.

9. Bone and wash, a young fowl; make a forcemeat of four ounces of veal, two ounces of scraped lean of ham, two ounces of fat bacon, two hard yolks of eggs, a few sweet herbs chopped, two ounces of beef suet, a tea-spoonful of lemon-peel minced quite fine, an anchovy, salt, pepper, and a very little Cayenne. Beat all in a mortar, with a tea-cupful of crumbs, and the yolks and whites of three eggs. Stuff the inside of the fowl, and draw the legs, and wings inwards. Stew the fowl in a white gravy; when it is done through and tender, add a large cupful of cream, and a bit of butter and flour; give it one boil, and serve; the last thing, add the squeeze of a lemon.

Fricassee of Chicken.

10. Boil rather more than half, in a small quantity of water: let them cool; then cut up; and put to simmer in a little gravy made of the liquor they were boiled in, and a bit of veal or mutton, onion, mace, and lemon-peel, some white pepper, and a small bunch of sweet herbs.—When quite tender, keep them hot while you thicken the sauce in the following manner: strain

it off, and put it back into the saucepan with a little salt, a scrape of nutmeg, and a bit of flour and butter: give it one boil; and when you are going to serve, beat up the yolk of an egg, add half a pint of cream, and stir them over the fire, but don't let it boil. It will be quite as good without the egg.

Chicken Curry.

11. Cut up the chickens raw, slice onions, and fry both in butter with care, of a fine light brown, or if you use chickens that have been dressed, fry only the onions. Lay the joints, cut into two or three pieces each, into a stew-pan; with a veal or mutton gravy, and a clove or two of garlic. Simmer till the chicken is quite tender. Half an hour before you serve it, rub smooth a spoonful or two of curry-powder, a spoonful of flour, and an ounce of butter; and add this, with four large spoonfuls of cream, to the stew. Salt to your taste. Squeeze in a little lemon, and serve.

Slices of underdone veal, or rabbit, turkey &c. make excellent curry. A dish of rice boiled dry must be served. See sauce No. 62.

To braise Chickens.

12. Bone them, and fill them with forcemeat. Lay the bones, and any other poultry trimmings, into a stew-pan, and the chickens on them. Put to them a few onions, a faggot of herbs, three blades of mace, a pint of stock, and a glass or

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two of sherry. Cover the chickens with slices of bacon, and then white paper; cover the whole close, and put them on a slow stove for two hours. Take them up, strain the braise, and skim off the fat; set it on to boil very quick to a glaze, and do the chickens over with it, with a brush. Serve with brown fricassee of mushrooms. Before glazing, put the chicken into an oven for a few minutes, to give a little colour.

Ducks roasted.

13. Stuff one with sage and onion, a dessert-spoonful of crumbs, a bit of butter, and pepper and salt; let the other be unseasoned. Serve with a fine gravy.

To boil Ducks.

14. Choose a fine fat duck; salt it two days, then boil it slowly in a cloth. Serve it with onion-sauce, No 17. (To stew ducks, see STEWS.)

To hash Ducks.

15. Cut a cold duck into joints; and warm it, without boiling, in gravy, and a glass of port wine.

To roast Goose.

16. After it is picked, the plugs of the feathers pulled out, and the hairs singed, let it be well washed and dried, and a seasoning put in of onion, sage, and pepper and salt; tie it at the neck and rump, and then roast. A slip of paper should be skewered on the breast-bone. Bast it well.

When the breast is rising, take off the paper; and be careful to serve it before the breast falls, or it will be spoiled by coming flatted to table. Let a good gravy be sent in the dish. Apple-sauce, No. 27; gooseberry-sauce for a green goose (To stew giblets, see STEWS.)

Pigeons in jelly.

17. Pick two very nice pigeons: and make them look as well as possible by singeing, washing, and cleaning the heads well. Leave the heads and the feet on, but the nails must be clipped close to the claws. Roast them of a very nice brown; and when done, put a little sprig of myrtle into the bill of each. Have ready a savory jelly, and with it half-fill a bowl of such a size as shall be proper to turn down on the dish you mean it to be served in. When the jelly and the birds are cold, see that no gravy hang to the birds, and then lay them upside down in the jelly. Before the rest of it begin to set, pour it over the birds, so as to be three inches above the feet. This should be done full twenty-four hours before serving. This dish has a very handsome appearance in the middle range of a second course. The head should be kept up as if alive, by tying the neck with some thread, and the legs bent as if the pigeon sat upon them.

To pot Pigeons.

18. Let them be quite fresh, clean them carefully, and season them with salt and pepper: lay

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them close in a deep pan. Cover them with butter, then take very thick paper tied down, and bake them. When cold, put them into pots that will hold two or three in each; and pour butter over them, using that which was baked as part. Observe that the butter should be pretty thick over them, if they are to be kept. If pigeons were boned, and then put in an oval form into the pot, they would lie closer, and require less butter. They may be stuffed with a fine forcemeat made with veal, bacon, &c. and then they will eat excellently. If a high flavour is approved of, add mace, allspice, and a little Cayenne, before baking. Wild pigeons may be done this way. (To stew pigeons, see STEWS.)

Roast Pigeons.

19. Should be stuffed with parsley, either cut or whole; and seasoned within. Serve with parsley and butter. Peas or asparagus should be dressed to eat with them.

Pigeon Pudding.

20. Pluck, draw, and stuff two pigeons with the veal stuffing, No. 78; cut some large thin slices of beef, and some of the bacon; season well; roll the pigeons in the meat and bacon, lay them in the pudding; boil four eggs hard, cut into quarters, and fill the cavities; mix a teaspoonful of flour with half a pint of milk, or water, close up, and boil for one hour and a half, and serve.

Eggs.

[FROM the earliest records we have, eggs have always been a favourite and nutritious food, wholesome in every way, except when boiled too hard; they can be employed in almost every dish with advantage; and one weighing two ounces contains nearly the same amount of nourishment as an ounce of meat and an ounce of bread. To ascertain that they are good and fresh, "candle them;" hold them upright between the thumb and fore-finger before a candle by which means you will be enabled to detect any spots that may be in them; if a few white spots only, they will do for puddings, &c.; if a black one, it is bad. If light and transparent, they are fresh.]

To boil Eggs.

21. Put a pint of water into a small pan, when boiling, put your eggs in and boil according to size—from two and a half to four minutes. New-laid eggs will not take so long, and if only just set are excellent for clearing the voice.

To boil them for toast they require six minutes; take them out, throw them into cold water, remove the shell, and cut them into slices; put them on the buttered toast, a little pepper and salt and serve.

Poached Eggs.

22. Put half a pint of water in a small pan, half a tea-spoonful of salt, three of vinegar, and when boiling break carefully into the pan, two nice eggs, simmer for four minutes, or till firm, but not hard; serve either on toast or fried bacon or ham, or spinach, and on any minced and seasoned vegetable.

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Baked Eggs.

23. Put half an ounce of butter into a small tin pan; break four eggs in it, keeping the yolks whole, throw a little pepper and bits of butter and salt over: put in the oven till set, and serve. They will take about six minutes doing.

Mixed Eggs.

24. Put two ounces of butter into a frying-pan, in which break four eggs, a little salt and pepper, set it on the fire, stir with a spoon quickly, to prevent sticking to the pan; when all set, serve either on toast or dish. Fried bacon cut in dice, chopped onion or mushroom may be added.

Eggs and Bacon.

25. Cut some bacon very thin, put into a frying-pan half an ounce of butter, or fat, lay the bacon in it; when fried on one side, turn over, and break one egg on each piece; when the eggs are set, put the slices under the bacon, and remove them gently into a dish. Ham may be done the same.

Eggs, Convent Fashion.

26. Boil four eggs for ten minutes, put them in cold water, peel and slice thin one onion, put into a frying-pan one ounce of butter; when melted, add the onion, and fry white, then add a tea-spoonful of flour, mix it well, add about half a pint of milk, till forming a nice white sauce, half a tea-spoonful of salt, and a quarter

ditto of pepper ; when nicely done, add the eggs, cut into six pieces each, crossways ; toss them up ; when hot through, serve on toast.

Omelettes.

27. Break four eggs into a basin, add half a tea-spoonful of salt and a quarter ditto of pepper, beat them up well with a fork, put into the frying-pan one ounce and a half of butter, lard, or oil, which put on the fire until hot ; then pour in the eggs, which keep on mixing quick with a spoon until all is delicately set ; then let them slip to the edge of the pan, which will give an elongated form to the omelette ; turn in the edges, let it set a moment, and turn it over on to a dish, and serve. It ought to be a nice yellow colour, done to a nicety, and as light and delicate as possible.

Omelettes with Herbs.

28. Proceed as above, adding a tea-spoonful of chopped parsley, and half ditto of chopped onions or chives, or a little eschalot ; salt and pepper, and semi-fry as above. Any cooked vegetables, as peas, sprew, &c. &c., may be used in omelettes.

Bacon Omelette.

29. Cut one ounce of bacon into small dice, fry in a little fat ; when done, add the eggs, and proceed as above. Ham, if raw, do the same as bacon ; if cooked, cut in dice, put in the eggs, and proceed as above.

Sweet Omelettes.

30. Beat four eggs into a basin, add a table-spoonful of milk, a tea-spoonful of sugar, a pinch of salt, and beat them well up; put some nice butter into pan, put in the eggs, and fry as before described. Serve with sugar sifted over.

Preserve Omelettes.

31. When the omelette is nearly done, put in the middle some preserve of any kind, turn it over on plate, and serve with sugar over.

Omelettes with Spirit.

32. These are the above omelettes; serve with spirit round them, and set on fire when going to table. Rum is generally preferred.

Eggs and Sausages.

33. Boil four sausages for five minutes, when half cold cut them in half lengthways, put a little butter or fat in frying-pan, and put the sausages in and fry gently, break four eggs into pan, cook gently and serve. Raw sausages will do as well, only keep them whole, and cook slowly.

Omelettes.

34. Oysters, capers, lobsters, or shrimps. When the omelette is nearly done, add a few table-spoonfuls of either of these sauces in the centre; turn the omelette, and serve. For the above, see FISH SAUCES.

Game.

[GAME ought not to be thrown away even when it has been kept a long time, for when it seems to be spoiled it may often be made fit for eating by nicely cleaning and washing it with vinegar and water. If there is danger of birds not keeping, draw, crop, and pick them, then wash in two or three waters and rub them with salt. Have ready a large saucepan of boiling water, and plunge them into it one by one, drawing them up and down by the legs that the water may pass through them. Let them stay five or six minutes in, then hang them up in a cold place to drain. Pepper and salt the insides well. Before roasting wash them well. The most delicate birds (even grouse) may be thus preserved. Birds that live by suction cannot be done in this way, as they are never drawn, and perhaps the heat might make them worse, as the water could not pass through them; but they bear broiling high.  Lumps of charcoal put about birds and meat will preserve them from taint, and restore what is spoiling.]

Pheasants and Partridges.

35. Roast them as turkey: and serve with a fine gravy (into which put a very small bit of garlic,) and bread-sauce. When cold, they may be made into excellent patties, but their flavour should not be overpowered by lemon.

To pot Partridge.

36. Clean them nicely; and season with mace, allspice, white pepper, and salt, in fine powder. Rub every part well; then lay the breasts downwards in a pan, and pack the birds as close as you can. Put a good deal of butter on them; then cover the pan with a coarse flour-paste and a paper over, tie it close, and bake. When cold, put the birds into the pots, and cover them with butter.

Wild Ducks, Teale, Widgeon, Dun-birds,

87. Should be taken up with the gravy in. Baste them with butter, and sprinkle a little salt before they are taken up; put a good gravy under them, and serve with shalot sauce, No. 18, in a boat.

Woodcocks, Snipes, and Quails.

38. Roast them without drawing, and serve on toast. Butter only should be eaten with them, as gravy takes off from the fine flavour. The thigh and back are most esteemed.

39. *Another.*—Make a forcemeat of veal, an equal quantity of beef suet, pounded in a mortar, with crumbs of bread; add beaten mace, pepper and salt, parsley, and sweet herbs, mixed with the yolk of an egg. Lay some of this round the dish; then put in your birds, which must be drawn and half roasted. Chop the trail, and put it all over the dish. Put some truffles, morels, mushrooms, a sweetbread, and artichoke bottoms, cut small, into some good gravy; stew all together. Beat up the yolks of two eggs, in a spoonful of white wine, stir all together one way, when thick take it off, and when cold pour it into the surtout; have the yolks of a few hard eggs put in here and there; season with beaten mace, pepper, and salt; cover with the forcemeat; colour it with yolks of eggs, and put in the oven. Half an hour does it. Send it hot to table.

Grouse.

40. Roast them like fowls, but the head is to be twisted under the wing. They must not be overdone. Serve with a rich gravy in the dish, and bread-sauce, or sauce No. 7.

To roast Wild Fowl.

41. The flavour is best preserved without stuffing. Put pepper, salt, and a piece of butter, into each.

Wild fowl require much less dressing than tame; they should be served of a fine colour, and well frothed up. A rich brown gravy should be sent in the dish; and when the breast is cut into slices, before taking off the bone, a squeeze of lemon, with pepper and salt, is a great improvement.

 To take off the fishy taste which wild fowl sometimes have, put an onion, salt, and hot water, into the dripping-pan, and baste them for the first ten minutes with this; then take away the pan, and baste constantly with butter.

Guinea and Pea-Fowl

42. Eat much like pheasants. Dress them in the same way, see No. 35.

To Bone Birds.

43. Begin to bone any birds by first taking out the breast-bone, when you will have sufficient space to remove the back with a sharp knife, and then the leg bones; the skin must not be broken, but the meat of the legs must be pushed inwards.

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PART VI.

HARES, RABBITS, AND STEWS.

[HARES will keep a long time if properly taken care of, and even when thought past eating may be in the highest perfection, which, if eaten when fresh killed, they are not. The hare keeps longer, and eats much better, if not opened for four or five days, or according to the weather. If paunched, as soon as a hare comes in, it should be wiped quite dry, the heart and liver taken out, and the liver scalded to keep for the stuffing. Repeat this wiping every day; mix pepper and ginger and rub on the inside, and put a large piece of charcoal into it. Apply the spice early, to prevent that musty taste which long keeping in the damp occasions, and which also affects the stuffing. An old hare, if to be roasted, should be kept as long as possible. It must also be well soaked.  HARE OR RABBIT.—If the claws are blunt and rugged, the ears dry and tough, and the haunch thick, it is old; if sharp, and the ears easily tear, it is young. If newly killed, the body will be stiff, and in hares the flesh pale. To know a real leveret, you should look for a small bone near the foot on its fore-leg, if there is none it is a hare.]

To roast Hare.

1. After it is skinned, let it be well washed, and then soaked an hour or two in water: and if old, lard it, which will make it tender, as also will letting it lie in vinegar. If, however, it is put into vinegar, it should be well washed in water afterwards. Put a large relishing stuffing into the belly, and then sew it up. Baste it well with milk till half done, and afterwards with butter. If the blood has settled in the

neck, soaking the part in warm water, and putting it to the fire warm, will remove it; especially if you also nick the skin here and there with a small knife, to let it out. Serve with a fine froth, rich gravy, melted butter, and currant jelly sauce; the gravy in the dish. For stuffing use the liver, an anchovy, some fat bacon, a little suet, herbs, pepper, salt, nutmeg, a little onion, crumbs of bread, and an egg to bind it all. The ears must be nicely cleaned and singed. They are reckoned a dainty.

To jug an old Hare.

2. After cleaning, cut it up and season it with pepper, salt, allspice, pounded mace, and a little nutmeg. Put it into a jar with an onion, a clove or two, a bunch of sweet herbs, a piece of coarse beef, and the carcase bones over all. Tie the jar down with a bladder or leather, or strong paper; and put it into a saucepan of water up to the neck. Keep the water boiling five hours. When it is to be served, boil the gravy up with a piece of butter and flour; and if the meat gets cold, warm it in this but not to boil.

Broiled and hashed Hare.

3. The flavour of broiled hare is particularly fine, the legs or wings must be seasoned first: rub with cold butter, and serve hot.—The other parts, warmed with gravy and a little stuffing, may be served separately.

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Hashed Hare.

4. Cut the hare into small pieces, and, if you have any of the pudding left, rub it small and put to it a gill of red wine, the same quantity of water, half an anchovy chopped fine, an onion stuck with four cloves, and a quarter of a pound of butter rolled in flour. Put these altogether in a saucepan, and set it over a slow fire, shaking it at times, that the whole may be equally heated. When it is thoroughly hot (for you must not let any kind of hash boil, as it will harden the meat) take out the onion, lay sippets in and round the dish, pour in the hash, and serve it hot to table.

To Pot Hare.

5. Case, wash, and thoroughly clean your hare; then cut it up as for eating, put it into a pot, and season it with pepper, salt, and mace. Put on it a pound of butter, tie it down close, and bake it in an oven. When done, pick the meat clean from the bones, and pound it fine with the fat from your gravy, and pot it down.

Hare Soup.

6. Take a large hare, cut in pieces; put it into an earthen mug, with three blades of mace, two large onions, a little salt, a red herring, or a couple of anchovies, half a dozen large morels, a pint of red wine, and three quarts of water. Bake it three hours in a quick oven, and then strain the liquor into a stew-pan. Have ready

boiled four ounces of French barley, which put in ; just scald the liver, and rub it through a sieve with a wooden spoon ; put it into the soup, and set it over the fire, and keep it stirring till near boiling, and then take it off. It must not boil. Put some crisped bread into the tureen, and pour the soup on it.

Hares, Fawns, and Rabbits.

7. Having cut off the fore legs, at the first joint, raise the skin of the back, and draw it over the hind legs. Leave the tail whole, draw the skin over the back, and slip out the fore legs. Cut the skin off the neck and head ; take care to leave the ears on, but mind to skin them. Take out the liver, lights, &c., and be sure to draw the gut out of the vent. Cut the sinews, that lie under the hind legs, bring them up to the fore legs, put a skewer through the hind leg, then through the fore leg under the joint, run it through the body, and do the same on the other side. Put another skewer through the thick part of hind legs and body, put the head between the shoulders, and run a skewer through, to keep it in its place. Put a skewer in each ear to make them stand erect, and tie a string round the middle of the body over the legs, to keep them in their place. A young fawn must be trussed just in the same manner, except that the ears must be cut off.

Rabbits.

[RABBITS may be eaten various ways, viz : (1) Roasted with stuffing and gravy, like hare, or without stuffing, with sauce of the liver and parsley chopped in melted butter, pepper, and salt; or larded. (2) Boiled, and smothered with onion sauce—the butter to be melted with milk instead of water. (3) Fried in joints, with dried or fried parsley, using the same liver sauce as prepared for roasting. (4) Fricassee as for chicken, page 153.]

To roast Rabbits.

8. Truss a rabbit for roasting, make a stuffing with the liver, &c., chopped up, bread-crumbs, beef-suet, and seasoning; stuff the rabbit; lay on the bottom of the pan a thick slice of fat bacon, and over that a slice, one inch thick, of beefsteak, and then the rabbit, to which add two quarts of batter; place in the oven for two hours, and serve hot. The rabbit may be cut in pieces. Boiled cauliflower may be added.

9. *Another.* — Case them, baste them with butter, and dredge them with a little flour. Half an hour will do them at a very quick clear fire; and, if very small, twenty minutes will do them. Take the livers, with a bunch of parsley, and boil them, and then chop them very fine together. Melt some good butter, and put half the liver and parsley into the butter, pour it into the dish, and garnish the dish with the other half. Let the rabbits be done of a fine light brown.

Rabbits may also be roasted hare fashion; or the same as the above, with fried pork-sausages round the dish.

Boiled Rabbits.

10. Case them, skewer them with the head upright, the fore legs brought down, and the hind legs straight. Boil them at least three quarters of an hour, and smother them with onion sauce. Pull out the jaw-bones, stick them in the eyes, and serve them with a sprig of myrtle or barberries in the mouth.

Instead of onion sauce, they may be served with parsley and butter.

Or take the livers, which, when boiled, bruise with a spoon very fine, and take out all the strings; put to this some good veal stock, No. 1, a little parsley shred fine; season it with mace and nutmeg; thicken it with a piece of butter rolled in flour, and a little white wine; let your sauce be of a good thickness, and pour it over your rabbits. Garnish with lemons.

Curry Rabbit.

11. Put into a one gallon pan a rabbit, cut into about eighteen or twenty pieces; peel eight onions, twenty potatoes cut into thin slices; also half a pound of bacon cut into dice, season with salt and pepper, then place the meat and potatoes in layers, add to a pint of water two teaspoonfuls of curry powder, cover over and bake two hours; shake up the pan and serve.

Rabbits en Gelatine.

12. Bone and flatten two young rabbits, put some forcemeat upon them, slips of lean ham,

breast of fowl, and omelettes of eggs, white and yellow, the same as for garnishing. Roll tight, and sew them up neatly; lard the top part with slips of fat bacon, blanch and braise them. Glaze the larding, put good cullis under them, and serve hot.

To pot Rabbits.

13. Cut up two or three young but full-grown ones, and take the leg-bones off at the thigh; pack them in a small pan, after seasoning them with pepper, mace, Cayenne, salt and allspice, all in very fine powder. Make the top as smooth as you can. Keep out the heads and carcasses, but take off the meat about the neck. Put a good deal of butter, and bake the whole gently. Keep it two days in the pan, then shift it into small pots, adding butter. The livers also should be added, as they eat well.

Stews.

[THE following receipts for stews, which are alike economical and nourishing, will, we have no doubt, be found useful, being peculiarly adapted to the long winter season of this country; the material for the plainest kinds of them in particular may be purchased cheap, and should be more frequently used in families of limited means.]

Good Plain Family Irish Stew.

14. Take about two pounds of scrag or neck of mutton; divide it into ten pieces, lay them in the pan; cut eight large potatoes and four onions in slices, season with one tea-spoonful and a half of pepper, and three of salt; cover all with

water; put it into a slow oven for two hours, then stir it all up well, and dish up in deep dishes. If you add a little more water at the commencement, you can take out when half done, a nice cup of broth.

The same simplified.

15. Put in a pan two pounds of meat as before, which lay at the bottom; cover them with eight whole onions, and these with twelve whole potatoes; season as before; cover over with water, and send to the oven for two hours.

Almost any part of the sheep can be used for Irish stew. A gallon pan is required for this and the preceding receipt.

To stew Ducks.

16. Half-roast a duck; put it into a stewpan with a pint of beef gravy, a few leaves of sage and mint cut small, pepper and salt, and a small bit of onion shred as fine as possible. Simmer a quarter of an hour, and skim clean; then add near a quart of green peas. Cover close, and simmer near half an hour longer. Put in a piece of butter and a little flour, and give it one boil; then serve in a dish.

To stew Giblets.

17 Do them as is directed for gilet-pie (under the head PIES); season them with salt and pepper, and a very small piece of mace. Before serving, give them one boil with a cup of cream, and a piece of butter rubbed in a tea-spoonful of flour.

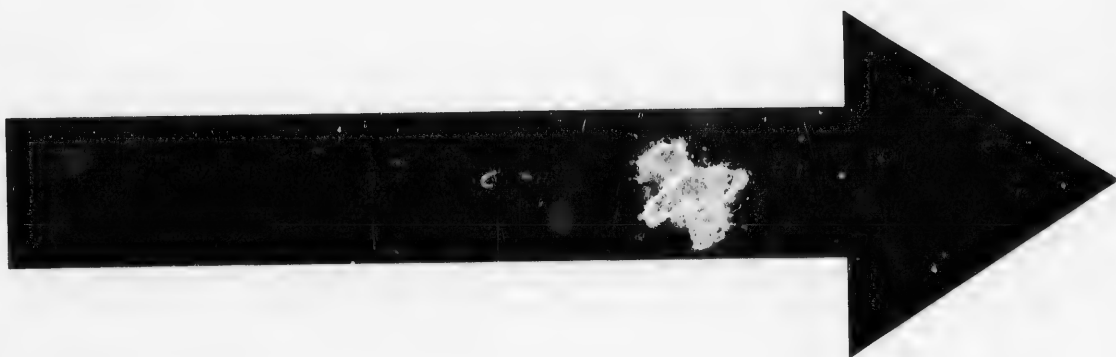
To stew Pigeons.

18. Take care they are quite fresh, and carefully cropped, drawn and washed; soak them half an hour. In the meantime cut a hard white cabbage in slices into water; drain it, and then boil it in milk and water: drain it again, and lay some of it at the bottom of a stewpan. Put the pigeons upon it, but first season them well with pepper and salt, and cover them with the remainder of the cabbage. Add a little broth, and stew gently till the pigeons are tender; then put among them two or three spoonfuls of cream, and a piece of butter and flour for thickening. After a boil or two, serve the birds in the middle, and the cabbage placed round them.

19. *Another way.*—Stew the birds in a good brown gravy, either stuffed or not; and seasoned high with spice and fresh mushrooms, and a little ketchup.

To stew Rabbits.

20. Cut them into pieces; blanch and drain them. Then put them into a stewpan, with a little veal stock, a blade of mace, and a whole onion. Stew them gently till three parts done; then add slices of blanched throat sweetbreads, stewed white button mushrooms, egg-balls, and pieces of artichoke-bottoms. When they are all nearly stewed, season with salt and lemon juice, add a *liaison* of three eggs, and serve it up very hot, with the mace and onion taken out.



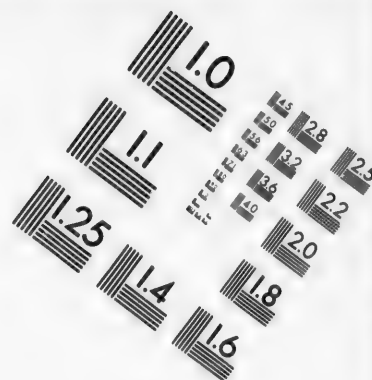
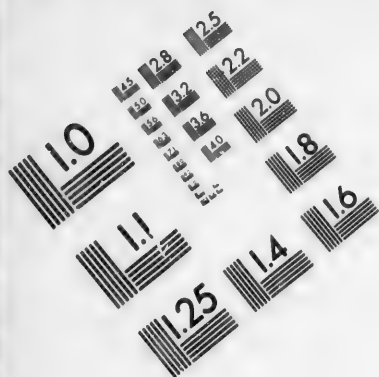
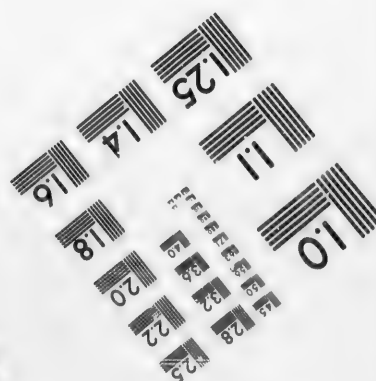
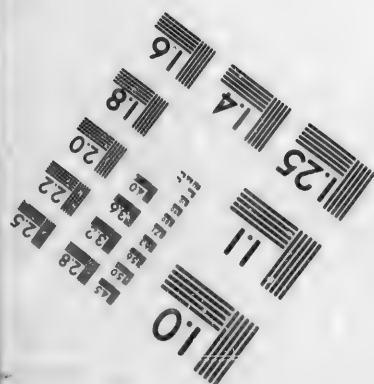
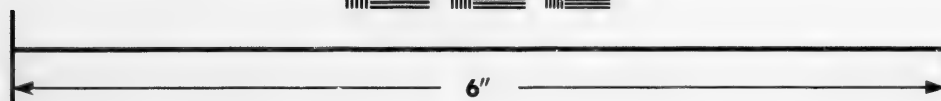
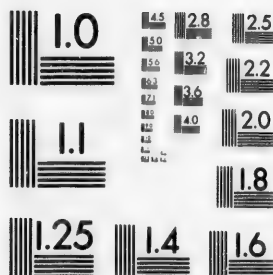


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To stew a Shoulder of Veal.

21. Bone the shoulder and lay in the orifice a veal forcemeat, roll and bind the shoulder, roast it an hour, then put it into a stewpan with good white or brown gravy, and stew four or five hours—regulate the time to the size of the joint—take up the meat; strain the gravy to clear it of fat, and serve with forcemeat balls.

To stew a Loin of Veal.

22. The chump end is the part to stew. Put it well-floured into a stewpan with butter; after the butter has been browned over the fire, brown it, and when a good colour, pour in enough veal broth to half cover it; put in two carrots cut in pieces, an onion, a little parsley, and a small bunch of sweet herbs; stew it two hours and a half; turn it when half done—when enough, take out the meat, thicken the broth, season it, and pour over the veal.

To stew Breast of Veal.

23. Put it into the stewpan with some white stock, not much; add a bunch of sweet herbs, three onions, pepper and salt. Stew till tender; strain the gravy, and send to table.

Stewed Cod.

24. Cut some of the finest pieces from the thickest part of the fish, place them in a stewpan with a lump of butter the size of a walnut, or larger; three or four blades of mace, bread

crumbs, pepper, salt, a small bunch of sweet herbs, and some oysters, with a little of their own liquor. When nearly done add a large wine-glass of Sherry, and stew gently.

To stew Pig's Feet.

25. Clean, split, and boil tender, put them into a stewpan with enough gravy to cover them, an onion sliced, a few sage leaves, whole black pepper, allspice, and salt; stew forty minutes, strain off the gravy, thicken with flour and butter; add two spoonfuls of vinegar or one dessert-spoonful of lemon pickle; serve it up with the feet.

Bubble and Squeak.

26. Any remains of salt pork or beef may be dressed in this good, old, economical fashion. Cut your meat, when cold, in thin slices, to the weight of about a pound, including, if possible, from two to three ounces of fat; then take one or two Savoy cabbages, according to size, which, when boiled and chopped, ought to weigh about two pounds; cut each cabbage in four, throw away the outside leaves; put about a gallon of water in an iron saucepan; when boiling add your cabbage, and let it remain until tender; drain well, and chop fine; then add three ounces of either butter or dripping in the frying-pan, which put on the fire; when hot put in your slices of meat, which semi-fry of a nice brownish colour, on both sides; take them out, put them on a

dish, keep them warm; then put the cabbage in the pan with the fat, add a tea-spoonful of salt, the same quantity of pepper; stir till hot throughout; put on the dish, lay the meat over, and serve; if no cabbage, any greens will do, first boiled, drained, chopped, and fried. Boiled carrots and turnips, previously cooked and chopped, may be added to the cabbage.

To stew red Cabbage.

27. Slice a small, or half a large red cabbage, wash and put it into a saucepan with pepper, salt, no water but what hangs about it, and a piece of butter. Stew till quite tender; and when going to serve, add two or three spoonfuls of vinegar, and give one boil over the fire. Serve it for cold meat, or with sausages on it.

28. *Another way.*—Shred the cabbage, wash it, and put it over a slow fire, with slices of onion, pepper and salt, and a little plain gravy. When quite tender, and a few minutes before serving, add a bit of butter rubbed with flour, and two or three spoonfuls of vinegar, and boil up.

To stew Celery.

29. Wash six heads and strip off their outer leaves, either halve or leave them whole, according to their size; cut into lengths of four inches. Put them into a stewpan with a cup of broth, or weak white gravy; stew till tender, then add two spoonfuls of cream, and a little flour and butter seasoned with pepper, salt, and nutmeg, and simmer all together.

PART VII.

VEGETABLES, PUREE, AND MUSHROOMS.

[VEGETABLES should be carefully cleaned from insects, and nicely washed. Boil them in plenty of water, and drain them the moment they are done enough. If over-boiled, they lose their beauty and crispness. Bad cooks sometimes dress them with meat; which is wrong, except carrots with boiling beef. To boil vegetables green, be sure the water boils when you put them in. Make them boil very fast. Don't cover, but watch them; and if the water has not slackened, you may be sure they are done when they begin to sink. Then take them out immediately, or the colour will change. To boil them green in hard water, put a tea-spoonful of salt of wormwood into the water when it boils, before the vegetables are put in. Pick French beans when young, and throw into a wooden keg a layer of them three inches deep; then sprinkle with salt, put another layer of beans and do the same as high as you think proper, alternately with salt, but not too much. Lay over them a plate, or cover of wood, that will go into the keg, and put a heavy stone on it. A pickle will rise from the beans and salt. If they are too salt, the soaking and boiling will not be sufficient to make them pleasant to the taste. When they are to be eaten, cut, soak, and boil them as if fresh. Carrots, parsnips, and beet-roots, should be kept in layers of dry sand for winter use; and neither they nor potatoes should be cleared from the earth. Potatoes should be kept from frost. Store-onions keep best hung up in a dry cold room. Parsley should be cut close to the stalks; and dried in a warm room, or on tins in a very cool oven: it preserves its flavour and color, and is very useful in winter. Dry slowly; artichoke bottoms, keep them in paper bags; and truffles, morels, lemon-peel, &c., in a dry place ticketed. Small close cabbages, laid on a stone floor before the frost sets in, will blanch and be very fine, after keeping a few weeks.]

Vegetable Marrow.—To boil or stew.

1. This excellent vegetable may be boiled as asparagus. When boiled, divide it lengthways in two, and serve it up on toast accompanied by melted butter; or when nearly boiled, divide it as above, and stew gently in gravy like cucumbers. Care should be taken to choose young ones not exceeding six inches in length.

To keep Green Peas.

2. Shell, and put them into a kettle of water when it boils; give them two or three warms only, and pour them into a cullender. When the water drains off, turn them out on a dresser covered with cloth, and pour them on another cloth to dry perfectly. Then bottle them in wide-mouthed bottles, leaving only room to pour clarified mutton-suet upon them an inch thick, and for the cork. Rosin it down; and keep it in the cellar or buried in the earth, for winter use.—When they are to be used, boil them till tender, with a bit of butter, a spoonful of sugar, and a bit of mint.

Green Peas

3. Should not be overdone, nor in much water. Chop some scalded mint to garnish them, and stir a piece of butter in with them. When the skins wrinkle they are done.

Stewed Peas.

4. Take a quart of young fresh-shelled peas, and lay them in a stewpan with two ounces of

butter, or three if they should be old, an onion cut in four, a very small sprig of mint, two table-spoonfuls of gravy, and one tea-spoonful of white sugar; stew gently until they are tender, take out the mint and the onion, thicken with flour and butter, and serve very hot—a lettuce may be chopped up and stewed with them.

Peas, stewed in cream.

5. Put two or three pints of young green peas into a saucepan of boiling water—when they are nearly done and tender drain them in a cullender quite dry; melt two ounces of butter in a clean stewpan, thicken it evenly with a little flour, shake it over the fire, but on no account let it brown, mix smoothly with it the fourth of a pint of cream, add half a tea-spoonful of white sugar, bring it to a boil, pour in the peas, and keep them moving until they are well heated, which will hardly occupy two minutes; send them to table immediately.

Lentils.

6. Wash them and cook them, putting them in cold water; they will not take long, but try when tender. Meat is exceedingly good boiled with them, and they make good soup.

Nettles.

7. Wash them well, drain, put them into plenty of boiling water with a little salt, boil for

twenty minutes, or a little longer, drain them, put them on a board and chop them up, and either serve plain, or put them in the pan with a little salt, pepper, and a bit of butter, or a little fat and gravy from a roast; or add to a pound two tea-spoonfuls of flour, a gill of skim milk, a tea-spoonful of sugar, and serve with or without poached eggs.

NOTE.—This extraordinary spring vegetable, of which few know the value, is easy of digestion, and at a time of the year when greens are not to be obtained, invaluable as a purifier of the blood; the only fault is, that they are to be had for nothing; children might have worse employment than to pick them and sell them in the market.

To dress Brocoli.

8. Cut the heads with short stalks, and pare the tough skin off them. Tie the small shoots into bunches, and boil them a shorter time than the heads. Some salt must be put into the water. Serve with or without toast.

Jerusalem Artichokes.

9. Should be well washed and peeled, and put into a saucepan of warm water, with salt in it; boil till tender, then serve them up; if to be mashed, mash them at once, with salt, pepper, and butter; if whole, keep them covered until served. Melted butter over, improves the look. They may be mashed with a little gravy; put in a dish, bread-crumbed over, and put in the oven; they are very nice. Or they can be treated in every way like turnips.

To dress Artichokes.

10. Take off a few of the outside leaves, and cut the stalk even. If young, half an hour will boil them. They are better for being gathered two or three days. Serve them with melted butter.

Artichoke Bottoms.

11. If dried, they must be soaked, then stewed in weak gravy, and served with or without forcemeat in each. Or they may be boiled in milk, and served with cream sauce; or added to ragouts, French pies, &c.

To boil Cauliflowers.

12. Choose those that are close and white, cut off the green leaves, and look carefully that there are no insects about the stalk. Soak an hour in cold water, then boil them in milk and water, and take care to skim the saucepan, that not the least foulness may fall on the flower. It must be served very white, and rather crimp.

Cauliflower in white Sauce.

13. Half boil it, then cut it into nice pieces, and lay them in a stewpan with a little broth, a bit of mace, a little salt, and a dust of white pepper; simmer half an hour, then put a little cream, butter, and flour: shake and simmer a few minutes, and serve.

Cucumbers.

14. Let them be as fresh from the vines as

possible—when stale they are unwholesome; keep them in cold water until you want to use them, then peel and cut off the ends to the seed, slice in a pan of cold water—take them out, and serve with salt, pepper and vinegar; onions are sometimes sliced and put with them.

To stew Cucumbers.

15. Slice them thick; or halve and divide them into two lengths; strew some salt and pepper, and sliced onions: add a little broth, or a bit of butter. Simmer very slowly; and before serving, if no butter was in before, put some with a little flour.

16. *Another way.*—Slice the onions, and cut the cucumbers large; flour them, and fry them in some butter; then pour some good broth or gravy, and stew them till done enough. Skim off the fat.

To boil Onions.

17. Take off the tops and bottoms and the thin outer skin—lay them on a pan, large enough to hold them without putting on top of the other—boil them slowly till they are tender; serve with melted butter.

To stew Onions.

18. Peel six large onions, fry gently of a fine brown, but do not blacken them; put them into a small stewpan with a little weak gravy, pepper, and salt; cover and stew two hours gently. They should be lightly floured at first.

Roast Onions

19. Should be done with all the skins on. They eat well alone, with only salt and cold butter; or with roast potatoes, or beet-roots.

Spinach

20. Requires great care in washing and picking it. When that is done, throw it into a saucepan that will just hold it, sprinkle it with a little salt, and cover close. The pan must be set on the fire, and well shaken. When done, beat the spinach well with a small bit of butter: it must come to table pretty dry, and looks well if pressed in a mould. A spoonful of cream is an improvement.

French and Kidney Beans.

21. String, and cut them into four or eight; the last looks best. Lay them in salt and water, and when the saucepan boils put them in with some salt. As soon as they are done serve them immediately, to preserve the green color.—Or when half done drain the water off, and put them into two spoonfuls of broth strained; and add a little cream, butter, and flour, to finish doing them.

To boil Cabbage.

22. Nick your cabbage in quarters at the stalk, wash it thoroughly clean, put it into boiling spring-water with a handful of salt and a small piece of soda, boil it fast; when done strain it in a cullender, press it gently, cut it in halves, and

serve. Savoy and greens may be boiled in the same manner; they should always be boiled by themselves. Should the cabbage be left, it may be chopped, put into a saucepan with a lump of butter, and pepper and salt, and made hot, and sent to table.

To stew old Peas.

23. Soak them in water all night, if not fine boilers; otherwise only half an hour; put them into water enough just to cover them, with a good bit of butter, or a piece of beef or pork. Stew them very gently till the peas are soft, and the meat is tender; if it is not salt meat, add salt and a little pepper. Serve them round the meat.

Stewed Beans.

24. Boil them in water in which a lump of butter has been placed—preserve them as white as you can—chop a few sweet herbs with some parsley very fine, stew them in a pint of the water in which the leaves have been boiled, to which a quarter of a pint of cream has been added—stew until quite tender; then add the beans—stew five minutes; thicken with butter and flour.

Stew Sorrel for Fricandeau and Roast Meat.

25. Wash the sorrel, and put it into a silver vessel, or stone jar, with no more water than hangs to the leaves. Simmer it as slow as you can, and when done enough put a bit of butter, and beat it well.

Sprouts, Spring Greens, Turnip Tops, &c.

26. These only require washing before boiling, and boil till tender in a small quantity of water to cover them.

To boil Potatoes.

27. Set them on a fire, without pareing them, in cold water; let them half boil, then throw some salt in, and a pint of cold water, and let them boil again till almost done. Pour off the water, and put a clean cloth over them, and then the saucepan-cover, and set them by the fire to steam till ready. Many persons prefer steamers. Potatoes look best when the skin is peeled, not cut.

Do new potatoes the same, but be careful they are taken off in time, or they will be watery. Before dressing, rub off the skin with a cloth, and salt, and then wash.

To mash Potatoes.

28. Boil the potatoes, peel them, and break them to paste; then to two pounds of them add a quarter of a pint of milk, a little salt, and two ounces of butter, and stir it all well over the fire. Either^d serve them in this manner, or place them on the dish in a form, and then brown the top with a salamander, or in scollops.

To fry Potatoes.

29. Take the skin off raw potatoes, slice and fry them, either in butter or thin batter.

Potato Balls.

30. Mash some floury potatoes quite smooth, season with pepper and salt, add fresh butter until sufficiently moist, but not too much so; make into balls, roll them in vermicelli crumbled, or bread crumbs; in the latter case they may be brushed with the yolk of egg—fry them a nice brown. Serve them on a napkin, or round a dish of mashed potatoes which has not been moulded.

To broil Potatoes.

31. Parboil, then slice and broil them. Or parboil, and then set them whole on the gridiron over a very slow fire, and when thoroughly done send them up with their skins on. This last way is practised in many Irish families.

Carrots

32. Require a good deal of boiling. When young, wipe off the skin when half boiled; when old, boil them with the salt meat, but scrape them first.

To boil Squash.

33. The summer squash is much better when the rind begins to turn yellow—it is then less watery and insipid than when younger. Cut them in pieces, take out the seeds, boil them till tender—they will take about three-quarters of an hour; when done, drain well, till you have got out all the water—mash them with a little butter, pepper and salt.

To bake Squash.

34. Take a good squash, cut it up, take out the seeds, but do not pare it; put it in your oven and bake till tender; mash with butter, pepper and salt. Squashes cooked this way are very good.

To boil winter Squash.

35. This is much better than summer squash; pare it, cut in pieces and take out the seeds; stew it slowly till quite soft, in very little water; drain it well, and mash with pepper, salt and butter.

To stew Carrots.

36. Half boil, then wipe the skin with a coarse cloth, and slice them into a stewpan. Put to them half a tea-cupful of any weak broth, some pepper and salt, and half a cupful of cream; simmer them till they are very tender, but not broken. Before serving rub a very little flour with a bit of butter, and warm up with them. If approved, chopped parsley may be added ten minutes before served.

Swedes.

37. This was a vegetable in very little use for the table until the year of the famine in Ireland, when M. Soyer prepared it for the viceroy's table. It should be treated in every way like turnip, but cut into quarters for boiling. The middle size are only fit to use.

Ericassee of Parsnips.

38. Boil in milk till they are soft, then cut them lengthways into bits two or three inches long, and simmer in a white sauce, made of two spoonfuls of broth, a bit of mace, half a cupful of cream, a bit of butter, and some flour, pepper, and salt.

Beet-Root

39. Makes a very pleasant addition to winter-salad, of which they may agreeably form a full half. This root is cooling, and very wholesome. It is extremely good boiled, and sliced with a small quantity of onion; or stewed with whole onions, large or small, as follows:—

Boil the beet tender with the skin on, slice it into a stewpan with a little broth, and a spoonful of vinegar; simmer till the gravy is tinged with the color, then put it into a small dish, and make a round of the button-onions, first boiled till tender; take off the skin just before serving, and mind they are quite hot and clear. If beet-root is in the least broken before dressed it parts with its color, and looks ill.

To bake Egg-plant.

40. The purple plant is considered the best. Put them whole into your stew-pan, with plenty of boiling water, and simmer till quite tender; drain, peal and mash them smooth—mix them with some bread crumbs, powdered, sweet marjoram, and some butter, a few pounded cloves, grate some bread over the top, and put in your oven to brown; serve in the same dish.

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Sea Kale

41. Must be boiled very white, and served on toast like asparagus.

To fry Egg-plant.

42. Slice them up and let them lay in salt and water for about two hours, to remove the strong taste which is unpleasant to most persons—wipe them dry, dip them in yolk of egg and bread crumbs, season with pepper, and fry brown in nice dripping or butter until perfectly tender.

To bake Tomatoes,

43. Peel and cut them, and take out the seeds, then put them into a deep dish, in alternate layers of bread crumbs—nearly as much crumbs as tomatoes—and some small pieces of butter; season with pepper and salt, and bake it about three hours.

Corn.

44. Husk and clear it of the silk—put it in boiling water, enough to cover; boil about half an hour, or till quite tender; send it to the table on the cob.

To mash Parsnips.

45. Boil them tender, scrape, then mash them into a stewpan with a little cream, a good piece of butter, and pepper and salt.

Purees.

[THE word Puree cannot be exactly translated, as there is nothing in the English language that gives precisely the same idea. In French it is generally applied to a certain manner of cooking vegetables that converts them into a substance resembling marmalade, which when the coarser parts are strained out, leaves a fine smooth jelly. It is served up with meat.]

Puree of Turnips.

46. Wash and pare some of the finest turnips. Cut them into small pieces, and let them lie for half an hour in cold water. Then take them out and drain them. Put them into a stewpan, with a large piece of butter and some salt and pepper. Moisten them with a little broth or boiling water. Let them stew over a very slow fire, for five or six hours, stirring them frequently. Then rub them through a sieve, and serve up the jelly with roast meat.

Puree of Celery.

47. Wash your celery, peel it, and stew it slowly for three or four hours, with salt, and a very little water. Then pass it through a sieve, and season it with pepper, salt, and nutmeg to your taste.

Puree of Onions.

48. Take thirty onions ; cut them in slices and put them into a stew-pan, with a little salt, pepper, and a grated nutmeg. Let them stew slowly till they are of a fine brown color, and then add a table-spoonful of broth or warm water. When it has attained the proper consistence, strain it and serve it up.

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Puree of Beans.

49. Having strung and cut your beans till you have a quart, throw them into boiling water, with a little salt. Let them remain a quarter of an hour. Then drain them, and throw into cold water to green them. After they have lain half an hour in the cold water, take them out and drain them again. Put a large piece of butter into a stew-pan with some pepper, a little salt, and a spoonful of flour. Add your beans, and cover them with broth or warm water. Put in a bunch of sweet-herbs cut small, and stew the whole very slowly till it has dissolved into a mass. Then strain it. Put a piece of butter into the puree, and serve it up.

Puree of green Peas.

50. Take a quart of shelled green peas, wash them, and put them into a stewpan with water enough to cover them, a little salt and pepper, a piece of butter the size of a walnut, a laurel leaf or a couple of peach-leaves, and a bunch of mint. Let them stew very slowly; and if necessary moisten them occasionally with a little warm water or broth. Stir them frequently that they may not stick to the pan. When they become of the consistence of marmalade, strain it. Chop an onion fine, fry it in butter, and have it ready to mix with the puree. Purees may be made in a similar manner of different sorts of meat, poultry, &c., seasoned, stewed slowly to a jelly, strained through a cullender or sieve, and taken as soups.

Mushrooms.

[THE cook should be well acquainted with the different sorts of things called by this name by ignorant people, as the death of many persons has been occasioned by the use of poisonous kinds. The eatable mushrooms first appear small, and of a round form, on a little stalk. They grow very fast, and the upper part and stalk are white. As the size increases the under part gradually opens, and shows a fringy fur of a very fine salmon-color, which continues more or less till the mushroom has gained some size, and then turns to a dark brown. These marks should be attended to, and likewise whether the skin can be easily parted from the edges and middle. Those that have a white or yellow fur should be carefully avoided, though many of them have the same smell (but not so strong) as the right sort. Put in a small onion with the mushrooms, that you may know by its turning almost black, whether there is a poisonous one among them. If the onion turns black throw away all the mushrooms.]

Mushrooms Toasted.

51. First cut two good slices of bread, half an inch thick, large enough to cover the bottom of a plate, toast them, and spread some cream over the toast. Remove all the earthy part from the mushroom, and lay them gently on the toast, head downwards, slightly sprinkle them with salt and pepper, and place in each a little cream; then put a tumbler over each and place them on a stand before the fire, and keep turning them so as to prevent the glass breaking, and in ten to fifteen minutes the glass will fill with vapour, which is the essence of the mushroom; when it is taken up, do not remove the glass for a few minutes, by which time the vapour will have become condensed and gone into the bread,

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but when it is, the aroma is so powerful as to pervade the whole apartment. The sight, when the glass is removed, is most inviting, and the taste is worthy of Lucullus. In the absence of cream, use butter, or boil some milk till reduced to cream, with a little salt, pepper, and one clove; when warm put in an ounce of butter, mixed with a little flour, stir round, put the mushroom on the toast with this sauce, cover with a basin, and place in the oven for half an hour. In this way all kinds of mushrooms will be excellent. They may be put into baking pans: cover with a tumbler as above, and bake in oven.—SOYER.

To stew Mushrooms.

52. The large buttons are best, and the small flaps while the fur is still red. Rub the large buttons with salt and a bit of flannel, cut out the fur, and take off the skin from the others. Sprinkle them with salt, and put into a stewpan with some pepper-corns; simmer slowly till done, then put a small bit of butter and flour, and two spoonfuls of cream; give them one boil, and serve with sippets of bread.

53. *Another*—Having peeled and washed your mushrooms, drain them, and stew them with butter, pepper, salt, and a little chopped parsley, adding a little flour and warm water. When they are done, stir into the sauce the yolks of two or three eggs, and some cream. Toast and butter a slice of bread. Lay it on the dish under the mushrooms, and pour the sauce over them.

Puree of Mushrooms.

54. Peel a pint of mushrooms, cut them up, and put them in a pan with as much cold water as will keep them from burning. [Throw in with them a small onion to test their goodness, as, if there is a bad or poisonous one among them, the onion will turn of a blueish-black while cooking. In that case, throw them all away.] Stew them slowly till they have lost all shape and have become an undistinguishable mass. Then strain them. Put into a stew-pan a large piece of butter, or a spoonful of flour, and two lumps of sugar. Add your puree, and let it stew again for about five minutes. When you take it off the fire, stir in the yolk of two eggs slightly beaten, and a spoonful of cream or rich milk. Put it in the middle of a dish, and lay round it thin slices of fried bread or toast.

Ragoed Mushrooms.

55. Take a pint of fresh mushrooms. When they are peeled and the stalks cut off, put the mushrooms into a stew-pan with two table-spoonfuls of vinegar, a sprig or two of parsley, a small onion, a few chives chopped fine, some salt, pepper, and grated nutmeg. Let it boil gently for a quarter of an hour. Before it goes to table, stir in the yolks of two eggs. If the onion has turned blue or black, throw the whole away, as it is evident that some poisonous ones are among the mushrooms.

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PART VIII.

SAVOURY PIES AND PUDDINGS.

[If properly made, few articles of cookery are more generally liked than relishing pies; they may be made of a great variety of things. There should be no suet put into the forcemeat of those intended to be eaten when cold. If the pie is made of meat that will require more cooking, to make it tender, than the baking of the crust will allow, the following preparation should be observed:— Take three pounds of the veiny piece of beef that has fat and lean; wash and season it with salt, pepper, mace, and allspice, in fine powder, rubbing them well in. Set it by on a slow fire, in a stewpan that will just hold it; put to it two ounces of butter, and cover it quite close; let it just simmer in its own steam till it begins to shrink; when it is cold, add more seasoning, forcemeat and eggs: put some gravy to it before baking, if in a dish, but if it is only in crust, don't put the gravy till after it is cold and in jelly. Forcemeat may be put both under and over the meat, if preferred to balls.]

Eel Pie.

1. Cut the eels in lengths of two or three inches, season with pepper and salt, and place in the dish, with some bits of butter, and a little water; and cover it with paste.

Cod Pie.

2. Take a piece of the middle of a small cod, and salt it well one night; next day wash it; season with pepper, salt, and a very little nutmeg, mixed; place in a dish, and put some butter on it, and a little good broth of any kind into the

dish Cover it with a crust; when done, add as sauce, a spoonful of broth, a quarter of a pint of cream, a little flour and butter, a grate of lemon and nutmeg, and give it one boil. Oysters may be added. Mackerel will do well, but do not salt them till used. Parsley picked and put in, may be used instead of oysters.

Sole and Oyster Pie.

3. Split some soles from the bone, and cut the fins close, season with salt, pepper, a little nutmeg and pounded mace, and put them in layers, with oysters. They eat excellently. A pair of middling-sized ones will do, and half a hundred of oysters. Put in the dish the oyster-liquor, two or three spoonfuls of broth, and some butter. When the pie is done pour in a cupful of cream.

Shrimp Pie.

4. Pick a quart of shrimps; if they are very salt, season them with only mace and a clove or two. Mince two or three anchovies; mix these with the spice, and then season the shrimps. Put some butter at the bottom of the dish, and over the shrimps, with a glass of sharp white wine. The paste must be light and thin. They do not require much baking.

Lobster Pie.

5. Boil two lobsters, or three small, take out the tails, cut them in two, take out the gut, cut each in four pieces, and lay in a small dish, put

in then the meat of the claws, and that you have picked out of the body; pick off the furry parts from the latter, and take out the lady; the spawn, beat in a mortar; likewise all the shells; set them on to stew, with some water, two or three spoonfuls of vinegar, pepper, salt, and some pounded mace; a large piece of butter, rolled in flour, must be added when the goodness of the shells is obtained: give a boil or two, and pour into the dish strained; strew some crumbs, and put a paste over all; bake slowly, but only till the *paste* be done.

A remarkably fine Fish Pie.

6. Boil two pounds of small eels; having cut the fins quite close, pick the flesh off, and throw the bones into the liquor, with a little mace, pepper, salt, and a slice of onion; boil till quite rich and strain it. Make forcemeat of the flesh, an anchovy, parsley, lemon-peel, salt, pepper, and crumbs, and four ounces of butter, warmed, and lay in the bottom of the dish. Take the flesh of salmon-trout or whitefish and lay on the forcemeat, having rubbed it with salt and pepper: pour the gravy over and bake.

Observe to take off the skin and fins.

Mince Pie.

7. Shred three pounds of suet very fine, then stone and chop two pounds of raisins, and have two pounds of currants nicely picked, washed, rubbed and dried at the fire; half a hundred of

fine pippins, pared, cored, and chopped small; half a pound of fine sugar, pounded; a quarter of an ounce of mace, the same of cloves, two large nutmegs, all beaten fine. Put all together into a pan, and mix it well with half a pint of brandy, and half a pint of sack; put it down close in a stone pot, and it will keep good four months. When you make the pies, take a little dish, something bigger than a soup-plate, lay a thin crust all over it, lay a thin layer of meat, and then a thin layer of citrons, cut very thin; then a layer of mince-meat, and a layer of orange-peel, cut thin, over that a little meat, squeeze half the juice of a Seville orange or lemon, lay on the crust and bake it nicely. These pies eat finely when cold. If you make them in little patties, mix the meat and sweetmeats accordingly. If you choose meat in the pies, parboil a neat's tongue, peel it, and chop the meat as fine as possible, and mix with the rest; or two pounds of the inside of a sirloin of beef boiled.

Beef-steak Pie.

8. Prepare the steaks by cutting into long strips, fat included; season with two tea-spoonfuls of salt, one of pepper, and a little chopped herbs; put them in a dish with puff paste round the edges; put a little water in the dish, and cover it with the crust of puff paste, which must be pressed down upon that part round the edge. A few oysters mixed with the beef are a great improvement, adding their liquor to the water or gravy.

Veal Pie.

9. Take some of the middle, or scrag, of a small neck; season it; and either put to it, or not, a few slices of lean bacon or ham. If it is wanted of a high relish, add mace, Cayenne, and nutmeg, to the salt and pepper; also forcemeat and eggs; and if you choose, add truffles, morels, mushrooms, sweetbreads cut into small bits. Have a rich gravy ready, to pour in after baking. It will be very good without any of the latter additions.

A richer Veal Pie.

10. Cut steaks from a knuckle of veal; season them with pepper, salt, nutmeg, and a very little clove in powder; slice two sweetbreads, and season them in the same manner; lay a puff paste on the ledge of the dish; then put the meat, yolks of hard eggs, the sweetbreads, and some oysters, up to the top of the dish; lay over the whole some very thin slices of ham, and half fill the dish with stock made from the bones; cover, and, when it is taken out of the oven, pour in at the top, through a funnel, a few spoonfuls of good veal gravy and some cream, to fill up; but first boil it up with a tea-spoonful of flour.

Veal (or Chicken) and Parsley Pie.

11. Cut some slices from the leg or neck of veal; if the leg, from about the knuckle. Season them with salt; scald some parsley that is picked from the stems, and squeeze it dry; cut it a little and lay it at the bottom of the dish; then put

the meat, and so on, in layers. Fill the dish with new milk, but not so high as to touch the crust. Cover it; and when baked, pour out a little of the milk, and put in half a pint of good scalded cream. Chicken may be cut up, skinned, and made in the same way.

Veal-olive Pie.

12. Make the olives as directed in page 111; put them round the dish, making the middle highest. Fill it up almost with water, and cover it. Add gravy, cream, and flour.

Calf's-head Pie.

13. Stew a knuckle of veal till fit for eating, with two onions, a few isinglass-shavings, a bunch of herbs, a blade of mace, and a few pepper-corns, in three pints of water. Keep the broth for the pie. Take off a bit of the meat for the balls, and let the other be eaten, but simmer the bones in the broth till it is very good. Half-boil the head, and cut it in square bits; put a layer of ham at the bottom; then some head, first fat then lean, with balls and hard eggs cut in half, and so on till the dish be full; but be particularly careful not to place the pieces close, or the pie will be too solid, and there will be no space for the jelly. The meat must be well seasoned with pepper and salt, and a scrape or two of nutmeg. Put a little water and a little gravy into the dish, and cover it with a tolerable thick crust; bake it in a slow oven, and, when done, pour into it as much gravy

as it can possibly hold, and do not cut it till cold; then first cut out a large bit, going down to the bottom of the dish; and when done thus, thinner slices can be cut; the different colours, and the clear jelly, have a beautiful marbled appearance.

A small pie may be made to eat hot, which with high seasoning, oysters, mushrooms, truffles, morels, &c., have a very good appearance.

The cold pie will keep many days. Slices make a pretty side dish.

Instead of isinglass, use a calf's foot, or a cowheel, if the jelly is not likely to be stiff enough.

14. *Another.*—Well soak half a calf's head, and boil half an hour, the tongue longer; then cut the meat in pieces; stew the bones with a little mace, white pepper, or anything that will make it good without colouring the liquor; place at the bottom of the dish some parsley, ham, tongue, and pieces of boiled egg, then put some slices of the brains, which should be boiled rather hard: add salt, and about two spoonfuls of water, and cover with short crust. The liquor the bones are boiled in should be reduced till it is strong and of a nice flavor; strain it, and while the pie is hot pour as much in as the dish will hold; let it stand all night, and when wanted turn it out upside down, with parsley round.

Medley Pie.

15. Cut slices of beef, mutton, or pork with bacon (or use bacon alone); lay them in a dish with sliced apples and a little onion chopped

placed in alternate layers with the meat. Season with pepper and salt, and add a table-spoonful of sugar; pour in a little stock, cover with a short crust, and bake slowly.

Excellent Pork Pies, to eat cold.

16. Raise common boiled crust into a round or oval form, as you choose; have ready the trimming and small bits of pork cut off when a hog is killed; and if these are not enough, take the meat off a sweet bone. Beat it well with a rolling-pin; season with pepper and salt; keep the fat and lean separate. Put in layers close to the top; lay on the lid: cut the edge smooth round and pinch it; bake in a slow soaking oven, as the meat is very solid. The pork may be put into a common dish, with a very plain crust; and be quite as good. Observe to put no bone or water into pork pie.

Squab Pie.

17. Cut apples as for other pies, and lay them in rows with mutton-chops: shred onion, and sprinkle it among them, and also some sugar.

Mutton Pie.

18. Cut steaks from a loin or neck of mutton that has hung; beat them, and remove some of the fat. Season with salt, pepper, and a little onion; put a little water at the bottom of the dish, and a little paste at the edge; then cover with a moderately thick paste. Season, and

cover it over, pinching the edge. When they come out, pour into each a spoonful of gravy made of a bit of mutton.

Lamb Pie.

19. Make it of the loin, neck, or breast: the breast of house-lamb is one of the most delicate things that can be eaten. It should be very lightly seasoned with pepper and salt; the bone taken out, but not the gristles; and a small quantity of jelly-gravy be put in hot; but the pie should not be cut till cold. Put two spoonfuls of water before baking.

Grass lamb makes an excellent pie, and may either be boned or not, but not to bone it is perhaps the best. Season with only pepper and salt; put two spoonfuls of water before baking, and as much gravy when it comes from the oven.

NOTE.—Meat pies being fat, it is best to let out the gravy on one side, and put it in again with a funnel, at the centre, when little or much may be added.

Chicken Pie.

20. Cut up two young fowls; season with white pepper, salt, a little mace, and nutmeg, all in the finest powder; likewise a little Cayenne. Put the chicken, slices of ham, or fresh gammon of bacon, forcemeat-balls, and hard eggs, by turns in layers. If it is to be baked in a dish, put a little water; but none if in a raised crust. By the time it is done, have ready a gravy of knuckle of veal, or a bit of the scrag with some shankbones of mutton, seasoned with herbs, onion,

mace, and white pepper. If it is to be eaten hot, you may add truffles, morels, mushrooms, &c., but not if to be eaten cold. If it is made in a dish, put as much gravy as will fill it; but, in raised crust, the gravy must be nicely strained, and then put in cold as jelly. To make the jelly clear, you may give it a boil with the whites of two eggs, after taking away the meat, and then run it through a fine lawn sieve.

Rabbits, if young and in flesh, do as well; their legs should be cut short, and the breast-bones must not go in, but will help to make the gravy.

Green-geese Pie.

21. Bone two young green geese, but first take away every plug, and singe them nicely. Wash them clean; and season them high with salt, pepper, mace, and allspice. Put one inside the other; press them as close as you can, drawing the legs inwards. Put a good deal of butter over them, and bake them either with or without crust; if the latter, a cover to the dish must fit close to keep in the steam. It will keep long.

Duck Pie.

22. Bone a full-grown young duck and a fowl; wash them, and season with pepper and salt, and a small proportion of mace and allspice, in the finest powder. Put the fowl within the duck, and in the former a calf's tongue pickled red, boiled very tender and peeled. Press the whole close; the skins of the legs should be drawn

inwards that the body of the fowl may be quite smooth. If approved, the space between the sides of the crust may be filled with a fine forcemeat, made according to the receipt given for making forcemeat in page 59. Bake it in a slow oven, either in a raised crust, or pie-dish with a thick crust, ornamented.

The large pies are made as above; but with a goose outwards, then a turkey, a duck next, then a fowl; and either tongue, small birds, or forcemeat in the middle.

23. *Another*.—Make a puff-paste crust; then scald two ducks, and make them clean; cut off the feet, the pinions, the neck, and head, picked and scalded with the gizzards, livers and hearts: pick out all the fat of the inside; lay a crust over the dish, season the ducks with pepper and salt, inside and out, lay them in the dish, and the giblets at each end, *seasoned*; put in as much water as will almost fill the pie, lay on the crust, and bake it, but not too much.

Venison Pasty.

24. A shoulder boned makes a good pasty, but it must be beaten and seasoned, and the want of fat supplied by that of a fine well-hung loin of mutton, steeped twenty-four hours in equal parts of rape, vinegar, and port. The shoulder being sinewy, it will be of advantage to rub it well with sugar for two or three days, and when to be used wipe it perfectly clean from it and the wine.

Giblet Pie.

25. After very nicely cleaning goose or duck giblets, stew them with a small quantity of water, onion, black pepper, and a bunch of sweet herbs, till nearly done. Let them grow cold, and if not enough to fill the dish, lay a beef, veal, or two or three mutton steaks at bottom. Put the liquor of the stew to bake with the above; and when the pie is baked, pour into it a large tea-cupful of cream.

Sliced potatoes added to it, or apples, eat extremely well.

Partridge or Pheasant Pie.

26. Pick and singe four partridges; cut off the legs at the knee; season with pepper, salt, chopped parsley, thyme, and mushrooms. Lay a veal steak, and a slice of ham, at the bottom of the dish: put the partridge in, and half a pint of good broth. Put puff paste on the ledge of the dish, and cover with the same; brush it over with egg and bake an hour.

Pigeon Pie.

27. Rub the pigeons with pepper and salt, inside and out; in the latter put a bit of butter, and if approved, some parsley chopped with the livers, and a little of the same seasoning. Lay a beef-steak at the bottom of the dish, and the birds on it; between every two, a hard egg. Put a cup of water in the dish; and if you have any ham in the house, lay a bit on each pigeon: it is a great improvement to the flavour.

When ham is used for gravy or pies, take the under part rather than the prime.

Season the gizzards, and two joints of the wings, and put them in the centre of the pie; and over them, in a hole made in the crust, three feet nicely cleaned, to show what pie it is.

Hare Pie, to eat cold.

28. Season the hare after it is cut up; and bake it, with eggs and forcemeat, in a raised crust or dish. When it is to be served, cut off the lid, and cover it with jelly gravy.

A French Pie.

29. Lay a puff paste round on the ledge of the dish: and put in either veal in slices, rabbits or chickens jointed; with forcemeat-balls, sweet-breads cut in pieces, artichoke-bottoms, and a few truffles.

Turnip Pie.

30. Season mutton chops with salt and pepper, reserving the ends of the neck bones to lay over the turnips, which must be cut into small dice, and put on the steaks.

Put two or three good spoonfuls of milk in. You may add sliced onions. Cover with a crust.

An Herb Pie.

31. Pick two handfuls of parsley from the stems, half the quantity of spinach, two lettuces, some mustard and cresses, a few leaves of burage, and white beet leaves; wash and boil them a

little ; then drain, and press out the water ; cut them small ; mix, and lay them in a dish, sprinkled with some salt. Mix a batter of flour, two eggs well beaten, a pint of cream, and half a pint of milk, and pour it on the herbs ; cover with a good crust and bake.

Vegetable Pie.

32. Scald and blanch some broad beans ; cut young carrots, turnips, artichoke bottoms, mushrooms, peas, onions, lettuce, parsley, celery, or any of them you have ; make the whole into a nice stew with some good veal gravy. Bake a crust over a dish, with a lining round the edge, and a cup turned up to keep it from sinking. When baked, open the lid, and pour in the stew.

Potato Pie.

33. Skin some potatoes, and cut them in slices ; season them ; and also some mutton, beef, pork, or veal. Put alternate layers of potatoes and meat.

Plain paste for Meat Pies.

34. Put into a pan half a pound of flour, quarter of a pound of dripping, half a tea-spoonful of salt, rub all well together for about three minutes, add by degrees half a pint of water, mix the paste well ; it requires to be rather hard ; throw some flour on the board, roll, and use it instead of puff paste ; three, or even two ounces, of dripping will be enough where economy is required.

A few herbs may be introduced, a little chop-

ped parsley or eschalot, a small piece of winter savory or thyme. These are relishing, and refreshing. The same paste will do for fruit pies, with grated lemon or orange-peel, instead of herbs.

Raised crust for Meat Pies, or Fowls, &c.

35. Boil water with a little fine lard, and an equal quantity of fresh dripping, or of butter, but not much of either. While hot, mix this with as much flour as you will want, making the paste as stiff as you can to be smooth, which you will make it by good kneading and beating it with the rolling-pin. When quite smooth, put in a lump into a cloth, or under a pan, to soak till near cold. Those who have not a good hand at raising crust may roll the paste of a proper thickness, and cut out the top and bottom of the pie, then a long piece for the sides. Cement the bottom to the sides with egg, bringing the former rather further out, and pinching both together; put egg between the edges of the paste, to make it adhere at the sides. Fill your pie, and put on the cover, and pinch it and the side crust together. The same mode of uniting the paste is to be observed if the sides are pressed into a tin form, in which the paste must be baked, after it shall be filled and covered; but in the latter case, the tin should be buttered, and carefully taken off when done enough; and as the form usually makes the sides of a lighter colour than is proper, the paste should be put into the oven again for a quarter of an hour. Put egg over at first with a feather.

PART IX.

PUDDINGS, PANCAKES AND FRITTERS.

[THE cloths in which puddings are boiled should be scrupulously clean, and kept in a dry place, as neglect in this particular will be sure to impart an unpleasant flavour to the pudding. They should always be dipped into boiling water, squeezed dry, and floured before using. If bread, it should be tied loose; if batter, tight over. The water should boil quick when the pudding is put in; and it should be moved about for a minute. Batter-pudding should be strained through a coarse sieve, when all is mixed. In others the eggs separately. The pans and basins must always be buttered. A pan of cold water should be ready, and the pudding dipped in as soon as it comes out of the pot, and then it will not adhere to the cloth. A few spoonfuls of fresh small beer, or one of yeast, will answer instead of eggs. Or *Snow* is an excellent substitute for eggs, either in puddings or pancakes. Two large spoonfuls will supply the place of one egg, and be equally good. This is an useful piece of information, as snow is always in season when eggs are out. The yolks and whites beaten long and separately, make the article they are put into much lighter.]

Almond Pudding.

1. Beat half a pound of sweet and a few bitter almonds with a spoonful of water; then mix four ounces of butter, four eggs, two spoonfuls of cream, warm with the butter, one of brandy, a little nutmeg, and sugar to taste. Butter some cups, half fill, and bake the puddings. Serve with butter, wine, and sugar.

Baked Almond Pudding.

2. Beat fine four ounces of almonds, four or five bitter ditto, with a little wine, yolks of six eggs, peel of two lemons grated, six ounces of butter, near a quart of cream, and juice of one lemon. When well mixed, bake it half an hour, with paste round the dish.

Indian Meal Pudding.

3. Boil two quarts of sweet skimmed milk, then stir in eight table-spoonfuls of Indian meal; add two tea-spoonfuls of salt, two eggs well beaten, one cup of molasses or sugar (molasses is better), one pint of cold milk, one tea-spoonful of cinnamon or any other spice; pour into a deep dish and bake four hours.

Sago Pudding.

4. Boil a pint and a half of new milk, with four spoonfuls of sago nicely washed and picked, lemon-peel, cinnamon, and nutmeg; sweeten to taste; then mix four eggs, put a paste round the dish and bake slowly.

Bread and Butter Pudding.

5. Slice bread spread with butter, and lay it in a dish with currants between each layer; and sliced citron, orange, or lemon, if to be very nice. Pour over an unboiled custard of milk, two or three eggs, a few pimentos, and a very little ratafia, two hours at least before it is to be baked; and lade it over to soak the bread.

A paste round the edge makes all puddings look better, but is not necessary.

Orange Pudding.

6. Grate the rind of a Seville orange ; put to it six ounces of fresh butter, six or eight ounces of lump sugar pounded ; beat them all in a mortar, and add as you do it the whole of eight eggs well beaten and strained ; scrape a raw apple, and mix with the rest ; put a paste at the bottom and sides of the dish, and over the orange mixture put cross bars of paste. Half an hour will bake it.

7. *Another.*—Rather more than two table-spoonfuls of the orange paste mixed with six eggs, four ounces of sugar, and four ounces of butter, melted, will make a good sized pudding, with a paste at the bottom of the dish. Bake twenty minutes.

A very fine Amber Pudding.

8. Put a pound of butter into a saucepan, with three quarters of a pound of loaf-sugar, finely powdered ; melt the butter, and mix well with it ; then add the yolks of fifteen eggs well beaten, and as much fresh-candied orange as will add colour and flavour to it, being first beaten to a fine paste. Line the dish with paste for turning out, and when filled with the above, lay a crust over, as you would a pie, and bake in a slow oven. It is as good cold as hot.

An excellent Lemon Pudding.

9. Beat the yolks of four eggs; add four ounces of white sugar, the rind of a lemon being rubbed with some lumps of it to take the essence; then peel, and beat it in a mortar with the juice of a large lemon, and mix all with four or five ounces of butter warmed. Put a crust into a shallow dish, nick the edges, and put the above into it. When served, turn the pudding out of the dish.

Baked Apple Pudding.

10. Pare and quarter four large apples; boil them tender, with the rind of a lemon, in so little water, that, when done, none may remain: beat them quite fine in a mortar; and the crumb of a small roll, four ounces of butter melted, the yolks of five and whites of three eggs, juice of half a lemon, and sugar to taste; beat all together, and lay it in a dish with paste to turn out.

Dutch Rice Pudding.

11. Soak four ounces of rice in warm water half an hour; drain the latter from it, and throw it into a stewpan, with half a pint of milk, half a stick of cinnamon, and simmer till tender. When cold, add four whole eggs well beaten, two ounces of butter melted in a tea-cupful of cream, and put three ounces of sugar, a quarter of a nutmeg, and a good piece of lemon-peel.

Put a light puff paste into a mould or dish, or grated tops and bottoms, and bake in a quick oven.

Oatmeal Pudding.

12. Pour a quart of boiling milk over a pint of the best *fine* oatmeal ; let it soak all night ; next day beat two eggs well, and mix a little salt ; butter a basin that will just hold it ; cover it tight with a floured cloth, and boil it an hour and a half. Eat it with cold butter and salt.

When cold, slice and toast it, and eat it as oat-cake buttered.

Dutch Pudding, or Souster.

13. Melt one pound of butter in half a pint of milk ; mix it into two pounds of flour, eight eggs, four spoonfuls of yeast ; add one pound of currants, and a quarter of a pound of sugar beaten and sifted.

This is a very good pudding hot ; and equally so as a cake when cold. If for the latter, carraways may be used instead of currants. An hour will bake it in a quick oven.

Light or German Puddings or Puffs.

14. Melt three ounces of butter in a pint of cream ; let it stand till nearly cold, then mix two ounces of fine flour, and two ounces of sugar, four yolks and two whites of eggs, and a little rose or orange-flower water. Bake in buttered cups half an hour. They should be served the moment they are done, and only when going to be eaten, or they will not be light.

Turn out of the cups, and serve with white wine and sugar.

Little Bread Puddings.

15. Steep the crumbs of a small loaf grated, in about a pint of warm milk; when soaked, beat six eggs, whites and yolks, and mix with the bread, and two ounces of butter warmed, sugar, orange-flower water, a spoonful of brandy, a little nutmeg, and a tea-spoonful of cream. Beat all well, and bake in tea-cups buttered. If currants are chosen, a quarter of a pound is sufficient; if not they are good without; or you may put orange or lemon candy. Serve with pudding sauce.

Hasty Pudding.

16. Boil a pint of milk; then, whilst boiling, stir into it as much flour as will thicken it, generally about a table-spoonful. Serve hot with cold butter and sugar, or, if preferred, the best treacle.

Puddings in Haste.

17. Shred suet, and put with grated bread, a few currants, the yolks of four eggs and the whites of two, some grated lemon-peel, and ginger. Mix; and make into little balls of about the size and shape of an egg, with a little flour.

Have ready a skillet of boiling water, and throw them in. Twenty minutes will boil them; but they will rise to the top when done. Pudding-sauce.

Boiled Bread Pudding.

18. Grate white bread; pour boiling milk over it, and cover close. When soaked an hour

or two, beat it fine, and mix with it two or three eggs well beaten.

Put it into a basin that will just hold it; tie a floured cloth over it, and put it into boiling water. Send it up with melted butter poured over.

It may be eaten with salt or sugar.

Another, and much richer.—On half a pint of crumbs of bread pour half a pint of scalding milk; cover for an hour. Beat up four eggs, and when strained, add to the bread, with a tea-spoonful of flour, an ounce of butter, two ounces of sugar, half a pound of currants, an ounce of almonds beaten, with orange-flower water, half an ounce of orange, ditto lemon, ditto citron. Butter a basin that will exactly hold it, flour the cloth, tie tight over, and boil one hour.

Eve's Pudding.

19. Grate three quarters of a pound of bread; mix it with the same quantity of shred suet, the same of apples, and also of currants; mix with these the whole of four eggs, and the rind of half a lemon shred fine. Put it into a shape; boil three hours; and serve with pudding-sauce, the juice of half a lemon, and a little nutmeg.

Quaking Pudding.

20. Scald a quart of cream; when almost cold put to it four eggs well beaten, a spoonful and a half of flour, some nutmeg and sugar; tie it close in a buttered cloth; boil it an hour; and turn it out with care, lest it should crack. Melted butter, a little wine, and sugar.

Common Plum Pudding.

21. The same proportions of flour, and suet, and half the quantity of fruit, with spice, lemon, a glass of wine or not, and one egg and milk, will make an excellent pudding, if long boiled.

22. *Another.*—One pound of suet, one pound of currants, twelve ounces of flour, three wine-glasses of brandy, half a pound of sugar, one nutmeg, three eggs, leaving out one white. Boil five hours.

✓ Old English Christmas Plum Pudding.

23. To make what is termed a pound pudding, take of raisins well stoned, currants thoroughly washed, one pound each; chop a pound of suet very finely and mix with them; add a quarter of a pound of flour, or bread very finely crumbled, three ounces of sugar, one ounce and a half of grated lemon-peel, a blade of mace, half a small nutmeg, one tea-spoonful of ginger, half a dozen eggs well beaten; work it well together, put it into a cloth, tie it firmly, allowing room to swell, and boil not less than five hours. It should not be suffered to stop boiling. Serve with brandy or wine-sauce.

Duke of Cumberland's Pudding.

24. Mix six ounces of grated bread, the same quantity of currants well cleaned and picked, the same of beef-suet finely shred, the same of chopped apples and also of lump-sugar, six eggs,

half a nutmeg, a pinch of salt, the rind of a lemon minced as fine as possible; and citron, orange, and lemon, a large spoonful of each cut thin. Mix thoroughly, and put into a basin; cover very close with floured cloths, and boil three hours. Serve it with pudding-sauce, and the juice of half a lemon, boiled together.

Transparent Pudding.

25. Beat eight eggs very well; put them into a stewpan, with half a pound of sugar pounded fine, the same quantity of butter, and some nutmeg grated. Set it on the fire, and keep stirring it till it thickens. Then set it into a basin to cool; put a rich puff paste round the edge of the dish; pour in your pudding, and bake it in a moderate oven. It will cut light and clear. You may add candied orange and citron, if you like.

Roley-Poley Pudding.

26. Make a crust as for fruit pudding, roll it out to fourteen or fifteen inches in length, and eight or nine in width; spread with raspberry jam, or any other preserve of a similar kind, and roll it up in the manner of a collared eel. Wrap a cloth round it two or three times, and tie it tight at each end. Two hours and a quarter will boil it.

Batter Pudding.

27. Rub three spoonfuls of fine flour smooth, by degrees, into a pint of milk; simmer till it thickens; stir in two ounces of butter; set it to

cool; then add the yolks of three eggs: flour a cloth that has been wet, or butter a basin, and put the batter into it; tie it tight, and plunge it into boiling water, the bottom upwards. Boil it an hour and a half, and serve with plain butter. If approved, a little ginger, nutmeg, and lemon-peel may be added. Serve with sweet sauce.

Batter Pudding with Meat.

28. Make a batter with flour, milk, and eggs; pour a little into the bottom of a pudding-dish, then put seasoned meat of any kind into it, and a little shred onion: pour the remainder of the batter over, and bake in a slow oven.

Some like a loin of mutton baked in batter, being first cleared of most of the fat.

Baked Rice Pudding.

29. Swell the rice in milk over the fire; then add some more milk, an egg, sugar, allspice, and lemon-peel. Bake in a deep-dish.

30. *Another, for the Family.*—Put into a very deep pan half a pound of rice, washed and picked; two ounces of butter, four ounces of sugar, a few allspice pounded, and two quarts of milk. Less butter will do, or some suet. Bake in a slow oven.

A rich Rice Pudding.

31. Boil half a pound of rice in water, with a little bit of salt, till quite tender; drain it dry; mix it with the yolks and whites of four eggs, a

quarter of a pint of cream, with two ounces of fresh butter melted in the latter, four ounces of beef suet or marrow, or veal suet taken from a fillet of veal, finely shred, three quarters of a pound of currants, two spoonfuls of brandy, one of peach-water, ratafia, nutmeg, and grated lemon-peel. When well mixed, put a paste round the edge, and fill the dish. Slices of candied orange, lemon, and citron, if approved. Bake in a moderate oven.

Game Pudding.

32. Game of any description can be made into puddings, and when partly boned, well spiced with minced truffle or mushroom, mace, and a clove of garlic, and boiled within a light paste, they are very rich, and the paste particularly fine, as it absorbs so much of the gravy; but the boiling deprives the game of much of its high flavour, and a woodcock or a snipe should never be so dressed, as they lose all the savor of the trail.

Or make a batter with flour, milk, eggs, pepper, and salt; pour a little into the bottom of a pudding-dish; then put seasoned poultry or game of any kind into it, and a little shred onion; pour the remainder of the batter over, and bake in a slow oven.

A single chicken, partridge, or pigeon may be thus made into a dumpling; stuff it with chopped oysters, lay it on its back in the paste, and put a bit of butter rolled in flour on the breast; close

the patch in the form of a dumpling, put it into hot water, and let it boil for two hours.

An excellent plain Potato Pudding.

33. Take eight ounces of boiled potatoes, two ounces of butter, the yolks and whites of two eggs, a quarter of a pint of cream, one spoonful of white wine, a morsel of salt, the juice and rind of a lemon; beat all to froth; sugar to taste. A crust or not, as you like. Bake it. If wanted richer, put three ounces more butter, sweetmeats and almonds, and another egg.

Potato Pudding with Meat.

34. Boil them till fit to mash; rub through a cullender, and make into a thick batter with milk and two eggs. Lay some seasoned steaks in a dish then some batter; and over the last layer put the remainder of the batter. Bake a fine brown.

Steak or Kidney Pudding.

35. If kidney, split and soak it, and season with pepper and salt. Make a paste of suet, flour, and milk; roll it, and line a basin with some; put the kidney or steaks in, cover with paste, and pinch round the edge. Cover with a cloth, and boil a considerable time.

Beef-steak Pudding.

36. Prepare some fine steaks as in page 95; roll them with fat between; and if you approve

shred onion, add a very little. Lay a paste of suet in a basin, and put in the rollers of steaks; cover the basin with a paste, and pinch the edges to keep the gravy in. Cover with a cloth tied close, and let the pudding boil slowly two hours.

Baked Beef-steak Pudding. [Toad-in-a-hole.]

37. Make a batter of milk, two eggs, and flour or, which is much better, potatoes boiled and mashed through a cullender; lay a little of it at the bottom of the dish; then put in the steaks prepared as above, and very well seasoned; pour the remainder of the batter over them, and bake.

Mutton Pudding.

38. Season with salt, pepper, and a bit of onion; lay one layer of steaks at the bottom of the dish; and pour a batter of potatoes boiled, pressed through a cullender, and mixed with milk and an egg, over them; then putting the rest of the steaks, and batter, bake it.

Batter with flour, instead of potatoes, eats well, but requires more egg, and is not so good.

39. *Another.*—Cut slices off a leg that has been underdone, and put them into a basin lined with a fine suet crust. Season with pepper, salt, and finely-shred onion or shalot.

Suet Pudding.

40. Shred a pound of suet; mix with a pound and a quarter of flour, two eggs beaten separately, a little salt, and as little milk as will make it.

Boil four hours. It eats well next day, cut in slices and broiled.

The outward fat of loins or necks of mutton finely shred, makes a more delicate pudding than suet.

Custard Pudding.

41. Mix by degrees a pint of good milk with a large spoonful of flour, the yolks of five eggs, some orange-flower water, or essence of almonds, and a little pounded cinnamon. Butter a basin that will exactly hold it, pour the batter in, and tie a floured cloth over. Put in boiling water over the fire, and turn it about a few minutes to prevent the egg going to one side. Half an hour will boil it.

Put currant-jelly on it, and serve with sweet sauce.

Shelford Pudding.

42. Mix three quarters of a pound of currants or raisins, one pound of suet, one pound of flour, six eggs, a little good milk, some lemon-peel, a little salt. Boil it in a melon-shape six hours.

Macaroni Pudding.

43. Simmer an ounce or two of the pipe sort in a pint of milk, and a bit of lemon and cinnamon, till tender; put it into a dish, with milk, two or three eggs, but only one white, sugar, nutmeg, a spoonful of peach-water, and half a glass of raisin-wine. Bake with paste round the edges.

A layer of orange-marmalade, or raspberry-jam, in a macaroni pudding, for change is a great improvement: in which case omit the almond-water, which you would otherwise flavour it with.

Baked Gooseberry Pudding.

44. Stew gooseberries in a jar over a stove, or in a saucepan of water till they will pulp. Take a pint of the juice pressed through a coarse sieve, and beat it with three yolks and whites of eggs beaten and strained, one ounce and a half of butter; sweeten it well, and put a crust round the dish. A few crumbs of roll should be mixed with the above to give a little consistence.

Curd Puddings, or Puffs.

45. Turn two quarts of milk to curd, press the whey from it, rub through a sieve, and mix four ounces of butter, the crumb of a small loaf, two spoonfuls of cream, and half a nutmeg, a small quantity of sugar, and two spoonfuls of white wine. Butter little cups, or small patty-pans, and fill them three parts. Orange-flower water is an improvement. Bake them with care.

Serve with sweet sauce in a boat.

Brandy Pudding.

46. Line a mould with jar-raisins stoned, or dried cherries, then with thin slices of French roll, next to which put ratafias, or macaroons; then the fruit, rolls, and cakes, in succession,

until the mould be full; sprinkling in at times two glasses of brandy. Beat four eggs, yolks and whites; put to a pint of milk or cream, lightly sweetened, half a nutmeg, and the rind of half a lemon finely grated. Let the liquid sink into the solid part; then flour a cloth, tie it tight over, and boil one hour; keep the mould the right side up. Serve with pudding-sauce.

Boiled Curd Pudding.

47. Rub the curd of two gallons of milk when drained through a sieve. Mix it with six eggs, a little cream, two spoonfuls of orange-flower water, half a nutmeg, flour and crumbs of bread each three spoonfuls, currants and raisins half a pound of each. Boil an hour in a thick well-floured cloth.

Yorkshire Pudding.

48. Mix five spoonfuls of flour with a quart of milk, and three eggs well beaten. Butter the pan. When brown by baking under the meat, turn the other side upwards, and brown that. It should be made in a square pan, and cut into pieces to come to table. Set it over a chafing-dish at first, and stir it some minutes.

A quick-made Pudding.

49. Flour and suet half a pound each, four eggs, a quarter of a pint of new milk, a little mace and nutmeg, a quarter of a pound of raisins, ditto of currants; mix well, and boil three quarters of an hour with the cover of the pot on, or it will require longer.

Lamb Pudding.

50. Take the breast, and remove the big bones; cut it crossways, season lightly; have some veal stuffing ready, lay the meat and stuffing in alternate layers in the pudding, with a gill and a half of water to every pound; boil one hour and a half; serve with melted butter over the pudding, and a little chopped parsley on the top; it has an inviting effect.

Any part of the lamb may be done this way.

Pork Pudding.

51. Get about a pound of pork, as lean as possible; any cuttings will do; cut them into slices; season with a little chopped sage, a tea-spoonful of salt, half of pepper; roll the pieces up, and put them in the pudding with a few slices of potatoes, onions, one apple; add a gill and a half of water; cover as usual, and boil for one hour and a half.

Chicken Pudding.

52. Cut one into eight pieces, half a pound of bacon, cut into slices; season with one tea-spoonful of salt, half of pepper, two of chopped parsley, a little thyme, and one biscuit, well broken; fill the pudding with the meat, add half a pint of milk, boil for one hour and a half; serve with melted butter over, and chopped parsley on the top.

Pigeon Pudding.

53. Pluck, draw, and stuff two pigeons with

the veal stuffing No. 78; cut some large thin slices of beef, and some of the bacon; season well; roll the pigeons in the meat and bacon, lay them in the pudding; boil four eggs hard, cut into quarters, and fill the cavities; mix a tea-spoonful of flour with half a pint of milk, or water, close up, and boil for one hour and a half, and serve.

Fish Pudding.

54. Cut one pound of any fish in small pieces, season with salt and pepper on a dish, a little flavour; mix well, put in the paste with a gill of water, and if you have a wine-glass full of any fish sauce, add it, cover up, boil one hour, and serve.

El Pudding.

55. Cut in long pieces, season with salt, pepper, chopped onions, parsley; add a gill of water; wine or beer is very good.

Suet Dumplings.

56. Make as pudding (page 222;) and drop into boiling water, or into the boiling of beef; or you may boil them in a cloth.

Apple, Currant, or Damson Dumplings, or Pudding.

57. Make as above, and line a basin with the paste tolerably thin; fill with the fruit and cover it; tie a cloth over tight, and boil till the fruit shall be done enough.

Yeast, or Suffolk Dumplings.

58. Make a very light dough with yeast, as for bread, but with milk instead of water, and put salt. Let it rise an hour before the fire.

Twenty minutes before you are to serve, have ready a large stewpan of boiling water; make the dough into balls, the size of a middling apple; throw them in, and boil twenty minutes. If you doubt when done enough, stick a clean fork into one, and if it come out clear, it is done.

The way to eat them is to tear them apart on the top with two forks, for they become heavy by their own steam. Eat immediately with meat, or sugar and butter, or salt.

Common Pancakes.

59. Make a light batter of eggs, flour and milk. Fry in a small pan, in hot dripping or lard. Salt or nutmeg, and ginger, may be added.

Sugar and lemon should be served to eat with them. Or, when eggs are scarce, make the batter with flour and small beer, ginger, &c.; or clean snow, with flour, and a very little milk, will serve as well as egg.

Pancakes of Rice.

60. Boil half a pound of rice to a jelly in a small quantity of water; when cold, mix it with a pint of cream, eight eggs, a bit of salt and nutmeg: stir in eight ounces of butter just warmed, and add as much flour as will make the batter thick enough. Fry in as little lard or dripping as possible.

Fine Pancakes, fried without butter or lard.

61. Beat six fresh eggs well; mix, when strained, with a pint of cream, four ounces of sugar, a glass of wine, half a nutmeg grated, and as much flour as will make it almost as thick as ordinary pancake batter, but not quite. Heat the fryingpan tolerably hot, wipe it clean, then pour in the batter, to make thin pancakes.

Irish Pancakes.

62. Beat eight yolks and four whites of eggs, strain them into a pint of cream, put a grated nutmeg, and sugar to your taste; set three ounces of fresh butter on the fire, stir it, and as it warms pour it to the cream, which should be warm when the eggs are put to it: then mix smooth almost half a pint of flour. Fry the pancakes very thin; the first with a bit of butter, but not the others. Serve several on one another.

New-England Pancakes.

63. Mix a pint of cream, five spoonfuls of fine flour, seven yolks and four whites of eggs, and a very little salt; fry them very thin in fresh butter, and between each strew sugar and cinnamon. Send up six or eight at once.

Fritters.

64. Make them of any of the batters directed for pancakes, by dropping a small quantity into the pan; or make the plainer sort, and put pared

apple sliced and cored into the batter, and fry some of it with each slice. Currants, or sliced lemon as thin as paper, make an agreeable change. Served on a folded napkin in the dish. All sorts of sweetmeat and fruits, may be made into fritters.

Spanish Fritters.

65. Cut the crumb of a roll into lengths, as thick as your finger, in what shape you will. Soak in some cream, nutmeg, sugar, pounded cinnamon, and an egg. When well soaked, fry of a nice brown; serve with butter, wine, and sugar-sauce.

Potato Fritters.

66. Boil two large potatoes, scrape them fine; beat four yolks and three whites of eggs, and add to the above one large spoonful of cream, another of sweet wine, a squeeze of lemon, and a little nutmeg. Beat this batter half an hour at least. It will be extremely light. Put a good quantity of fine lard in a stewpan, and drop a spoonful of the batter at a time into it. Fry them; and serve as a sauce, a glass of white wine, the juice of a lemon, one dessert-spoonful of peach-leaf or almond-water, and some sugar warmed together.

Bockings.

67. Mix three ounces of buck-wheat flour, with a tea-cupful of warm milk, and a spoonful of yeast; let it rise before the fire an hour; mix four eggs well beaten, and as much milk as will make the batter the usual thickness for pancakes.

PART X.

PASTRY.

[PASTRY is best when rolled on marble, or on a large slate. A good pastry cook never leaves any of the paste adhering to the board or dish, used in making it. In very hot weather, butter should be put into cold water to keep it as firm as possible; and if made early in the morning, and preserved from the air until it is to be baked, the cook will find it much better. A good hand at making pastry will use much less butter, and produce lighter crust than others. Salt butter, if very good, and well washed, makes a fine flaky crust. Preserved fruits should not be baked long; those that have been done with their full proportion of sugar, need no baking; the crust should be baked in a tin shape, and the fruit be afterwards added; or it may be put into a small dish, or tart-pans, and the covers be baked on a tin cut out according to taste.]

Rich Puff Paste.

1. Puffs may be made of any sort of fruit, but it should be prepared first with sugar.

Weigh an equal quantity of butter with as much fine flour as you judge necessary; mix a little of the former with the latter, and wet it with as little water as will make into a stiff paste. Roll it out, and put all the butter over it in slices, turn in the ends, and roll it thin; do this twice, and touch it no more than can be avoided. The butter may be added in twice; and to those who are not accustomed to make paste it may be better to do so. A quicker oven than for short crust is required.

A less rich Paste.

2. Weigh a pound of flour, and a quarter of a pound of butter, rub them together, and mix into a paste with a little water, and an egg well beaten—of the former as little as will suffice, or the paste will be tough. Roll, and fold it three or four times.

Rub extremely fine in one pound of dried flour, six ounces of butter, and a spoonful of white sugar; work up the whole into a stiff paste with as little hot water as possible.

Crust for Venison Pasty.

3. To a quarter of a peck of fine flour use two pounds and a half of butter, and four eggs; mix into paste with warm water, and work it smooth and to a good consistence. Put a paste round the inside, but not to the bottom of the dish, and let the cover be pretty thick, to bear the long continuance in the oven.

Rice Paste for Sweets.

4. Boil a quarter of a pound of ground rice in the smallest quantity of water; strain from it all the moisture as well as you can; beat it in a mortar with half an ounce of butter, and one egg well beaten, and it will make an excellent paste for tarts, &c.

Rice Paste for relishing things.

5. Clean, and put some rice, with an onion and a little water and milk, or milk only into a

saucepan, and simmer till it swell. Put seasoned chops into a dish, and cover it with the rice; by the addition of an egg the rice will adhere better.

Rabbits fricasseed, and covered thus, are very good.

Potato Paste.

6. Pound boiled potatoes very fine, and add, while warm, a sufficiency of butter to make the mash hold together, or you may mix with it an egg; then before it gets cold, flour the board pretty well to prevent it from sticking, and roll it to the thickness wanted.

If it is become quite cold before it be put on the dish, it will be apt to crack.

Raised Crust for Custards or Fruit.

7. Put four ounces of butter into a saucepan with water, and when it boils, pour it into as much flour as you choose; knead and beat it till smooth; cover it, as in page 209. Raise it; and if for custard, put a paper within to keep out the sides till half done, then fill with a cold mixture of milk, egg, sugar, and a little peach-water, lemon-peel, or nutmeg. By cold is meant that the egg is not to be warmed, but the milk should be warmed by itself—not to spoil the crust.

The above butter will make a great deal of raised crust, which must not be rich, or it will be difficult to prevent the sides from falling.

Excellent short Crusts.

8. Take two ounces of white sugar, pounded and sifted, quite dry; then mix it with a pound

of flour well dried; rub into it three ounces of butter so fine as not to be seen—put into some cream the yolks of two eggs, beaten, and mix the above into a smooth paste; roll it thin, and bake it in a moderate oven.

9. *Another.*—Mix with a pound of fine flour dried, an ounce of sugar pounded and sifted; then crumble three ounces of butter in it, till it looks all like flour, and with a gill of boiling cream, work it up to a fine paste.

10. *Another, not sweet, but rich.*—Rub six ounces of butter in eight ounces of fine flour; mix into a stiffish paste, with as little water as possible; beat it well, and roll it thin. This, as well as the former, is proper for tarts of fresh or preserved fruits. Bake in a moderate oven.

A fine Crust for Orange-cheesecakes, or Sweet-meats, when to be particularly nice.

11. Dry a pound of the best flour, mix with it three ounces of refined sugar; then work half a pound of butter with your hand till it comes to froth; put the flour into it by degrees, and work into it, well beaten and strained, the yolks of three, and whites of two eggs. If too limber, put some flour and sugar to make it fit to roll. Line your pattypans, and fill. Fifteen minutes will bake them. Against they come out, have ready some refined sugar beat up with the white of an egg, as thick as you can; ice them all over, set them in the oven to harden, and serve cold. Use fresh butter.

Salt butter will make a very flaky crust; but if for mince-pies, or any sweet things, it should be washed.

Apple Pie.

12. Pare and core the fruit; having wiped the outside; which, with the cores, boil with a little water till it tastes well; strain, and put a little sugar, and a bit of bruised cinnamon, and simmer again. In the meantime place the apples in a dish, a paste being put round the edge; when one layer is in, sprinkle half the sugar, and shred lemon-peel, and squeeze some juice, or a glass of cider if the apples have lost their spirit; put in the rest of the apples, sugar, and the liquor that you have boiled. Cover with paste. You may add some butter when cut, if eaten hot; or put quince-marmalade, orange-paste, or cloves, to flavour.

Hot Apple Pie.

13. Make with the fruit, sugar, and a clove, and put a bit of butter in when cut open.

Cherry Pie

14. Should have a mixture of other fruit; currants or raspberries, or both.

Currant Pie.

15. With or without raspberries.

Mince Pie.

16. Of scraped beef free from skin and strings, weigh two pounds, four pounds of suet picked

and chopped, then add six pounds of currants nicely cleaned and perfectly dry, three pounds of chopped apples, the peel and juice of two lemons, a pint of sweet wine, a nutmeg, a quarter of an ounce of cloves, ditto mace, ditto pimento, in finest powder; press the whole into a deep pan when well mixed, and keep it covered in a dry cool place. Half the quantity is enough, unless for a very large family.

Have citron, orange, and lemon-peel ready, and put some of each in the pies when made.

Mince Pies without Meat.

17. Of the best apples six pounds, pared, cored, and minced; of fresh suet, and raisins stoned, each, three pounds, likewise minced: to these add of mace and cinnamon a quarter of an ounce each, and eight cloves, in finest powder, three pounds of the finest powdered sugar, three quarters of an ounce of salt, the rinds of four, and juice of two lemons, half a pint of port, the same of brandy. Mix well and put into a deep pan.

Have ready washed and dried four pounds of currants, and add as you make the pies, with candied fruit.

Lemon Mince Pies.

18. Squeeze a large lemon, boil the outside till tender enough to beat to a mash, add to it three large apples chopped, and four ounces of suet, half a pound of currants, four ounces of sugar; put the juice of the lemon and candied fruit as for other pies. Make a short crust, and fill the pattypans as before described.

Egg Mince Pies.

19. Boil six eggs hard, shred them small; shred double the quantity of suet: then put currants washed and picked, one pound or more, if the eggs are large; the peel of one lemon shred very fine and the juice, six spoonfuls of sweet wine, mace, nutmeg, sugar, a very little salt; orange, lemon, and citron, candied. Make a light paste for them.

Light Paste for Tarts and Cheesecakes.

20. Beat the white of an egg to a strong froth; then mix it with as much water as will make three quarters of a pound of fine flour into a very stiff paste; roll it very thin, then lay the third part of half a pound of butter upon it in little bits; dredge it with some flour left out at first, and roll it up tight. Roll it out again, and put the same proportion of butter; and so proceed till all be worked up.

Icing for Tarts.

21. Beat the yolk of an egg and some melted butter well together, wash the tarts with a feather, and sift sugar over as you put them in the oven. Or beat white of egg, wash the paste, and sift white sugar.

Pippin Tarts.

22. Pare thin two Seville or China oranges; boil the peel tender, and shred it fine; pare and core twenty apples, put them in a stewpan, and

as little water as possible ; when half done, add half a pound of sugar, the orange-peel and juice ; boil till pretty thick. When cold, put in a shallow dish, or patty-pans lined with paste, to turn out, and be eaten cold.

Prune Tart.

23. Give prunes a scald, take out the stones and break them ; put the kernels into a little cranberry-juice, with the prunes and sugar ; simmer, and when cold, make a tart of the sweet-meat.

Currant and Raspberry.

24. For a tart, line the dish, put sugar and fruit, lay bars across, and bake.

Orange Tart.

25. Squeeze, pulp, and boil, two Seville oranges tender, weigh them, and double of sugar ; beat both together to a paste, and then add the juice and pulp of the fruit, and the size of a walnut of fresh butter, and beat together. Choose a very shallow dish, line it with a light puff crust, and lay the paste of orange in it. You may ice it.

Codlin Tart.

26. Scald the fruit ; when ready take off the skin, lay them whole in a dish, put a little of the water that the apples were boiled in at bottom, strew them over with lump sugar ; when cold, put a paste round the edges and over.

You may wet it with white of egg, and strew sugar over, which looks well: or cut the lid in quarters, without touching the paste on the edge of the dish; and either put the broad end downwards, and make the point stand up, or remove the lid altogether. Pour a good custard over it when cold; sift sugar over.

Or, line the bottom of a shallow dish with paste, lay the apples in it, sweeten, and lay little twists of paste over in bars.

Rhubarb Tart.

27. Cut the stalks in lengths of four or five inches, and take off the thin skin. If you have a hot hearth, lay them in a dish, and put over a thin syrup of sugar and water, cover with another dish, and let it simmer very slowly an hour, or do them in a block-tin saucepan.

When cold, make into a tart, as codlin. When tender, the baking of the crust will be sufficient

Orange Tart.

28. Line a tart-pan with thin puff paste; put into it orange marmalade that is made with apple jelly; lay bars of paste, or a croquant cover over, and bake in a moderate oven.

Raspberry Tart with cream.

29. Roll out some thin puff paste, and lay it in a pattypan of what size you choose; put in raspberries; strew over them fine sugar; cover with a thin lid, and then bake. Cut it open, and

have ready the following mixture warm : half a pint of cream, the yolks of two or three eggs well beaten, and a little sugar; and when this is added to the tart, return it to the oven for five or six minutes.

Fried Patties.

30. Mince a bit of cold veal, and six oysters, mix with a few crumbs of bread, salt, pepper, nutmeg, and a very small bit of lemon-peel, add the liquor of the oysters; warm all in a tosser, but don't boil; let it go cold; have ready a good puff paste, roll thin, and cut it in round or square bits; put some of the above between two of them, twist the edges to keep in the gravy, and fry them of a fine brown. Wash all patties over with egg before baking.

Oyster Patties.

31. Put a fine puff paste into small pattypans, and cover with paste, with a bit of bread in each; and by the time they are baked have ready the following to fill with, taking out the bread. Take off the beards of the oysters, cut the other parts in small bits, put them in a small tosser, with a grate of nutmeg, the least white pepper, and salt, a morsel of lemon-peel, cut so small that you can scarcely see it, a little cream, and a little of the oyster liquor. Simmer for a few minutes before you fill.

Observe to put a bit of crust into all patties to keep them hollow while baking.

Oyster Patties, or Small Pie.

32. As you open the oysters separate them from the liquor, which strain ; parboil them, after taking off the beards. Parboil sweetbreads, and cutting them in slices, lay them and the oysters in layers, season very lightly with salt, pepper, and mace. Then put half a tea-cup of liquor, and the same of gravy. Bake in a slow oven ; and before you serve, put a tea-cup of cream, a little more oyster liquor, and a cup of white gravy, all warmed, but not boiled. If for patties, the oysters should be cut in small dice, gently stewed, and seasoned as above, and put into the paste when ready for table.

Lobster Patties.

33. Make with the same seasoning, a little cream, and the smallest bit of butter.

Podovies, or Beef Patties.

34. Shred underdone dressed beef with a little fat, season with pepper, salt, and a little shalot or onion. Make a plain paste, roll it thin, and cut it in shape like an apple puff, fill it with the mince, pinch the edges, and fry them of a nice brown. The paste should be made with a small quantity of butter, egg and milk.

Turkey Patties.

35. Mince some of the white part, and with grated lemon, nutmeg, salt, a very little white pepper, cream, and a very little bit of butter warmed, fill the patties.

Veal Patties.

36. Mince some veal that is not quite done, with a little parsley, lemon-peel, a scrape of nutmeg and a bit of salt; add a little cream and gravy just to moisten the meat; and if you have any ham, scrape a little, and add to it. Don't warm it till the patties are baked.

Sweet Patties.

37. Chop the meat of a boiled calf's foot, of which you use the liquor for jelly, two apples, one ounce of orange and lemon-peel candied, and some fresh peel and juice, mix with them half a nutmeg grated, the yolk of an egg, a spoonful of brandy, and four ounces of currants washed and dried. Bake in small patty-pans.

Patties resembling Mince Pies.

38. Chop the kidney and fat of cold veal, apple, orange, and lemon-peel candied, and fresh currants, a little wine, two or three cloves, a little brandy, and a bit of sugar. Bake as before.

Apple Puffs.

39. Pare the fruit, and either stew them in a stone jar on a hot hearth, or bake them. When cold, mix the pulp of the apple with sugar and lemon-peel shred fine, taking as little of the apple-juice as you can. Bake them in thin paste, in a quick oven; a quarter of an hour will do them if small. Orange or quince marmalade is a great improvement. Cinnamon pounded, or orange-flower water in change.

Lemon Puffs.

40. Beat and sift a pound and a quarter of double-refined sugar; grate the rind of two large lemons, and mix it well with the sugar; then beat the whites of three new-laid eggs, add them to the sugar and peel, and beat it for an hour; make it up in any shape you please, and bake it on paper put on tin plates, in a moderate oven. Don't remove the paper till cold. Oiling the paper will make it come off with ease.

Cheese Puffs.

41. Strain cheese curd from the whey, and beat half a pint basin of it fine in a mortar, with a spoonful and a half of flour, three eggs, but only one white, a spoonful of orange-flower water, a quarter of a nutmeg, and sugar to make it pretty sweet. Lay a little of this paste, in small very round cakes, on a tin plate. If the oven is hot, a quarter of an hour will bake them. Serve with pudding sauce.

Excellent light Puffs.

42. Mix two spoonfuls of flour, a little grated lemon-peel, some nutmeg, half a spoonful of brandy, a little loaf-sugar, and one egg; then fry it enough, but not brown; beat it in a mortar with five eggs, whites and yolks; put a quantity of lard in a fryingpan, and when quite hot, drop a dessert spoonful of batter at a time; turn as they brown. Serve them immediately, with sweet sauce.

Venison Pasty.

43. A shoulder boned makes a good pasty, but it must be beaten and seasoned, and the want of fat supplied by that of a fine well-hung loin of mutton, steeped twenty-four hours in equal parts of rape, vinegar, and port.

The shoulder being sinewy, it will be of advantage to rub it well with sugar for two or three days, and when to be used wipe it perfectly clean from it and the wine. Three or four hours in a slow oven will be sufficient to make it tender, and the flavour will be preserved. Either in a shoulder or side, the meat must be cut in pieces, and laid with fat between, that it may be proportioned to each person, without breaking up the pasty to find it. Lay some pepper and salt at the bottom of the dish, and some butter.

The venison bones should be boiled with some fine old mutton—of this gravy put half a pint, cold, into the dish; then lay butter on the venison, and cover as well as line the side with a thick crust, but don't put one under the meat. Keep the remainder of the gravy till the pasty is taken from the oven; put it into the middle by a funnel, hot, and shake the dish to mix well.

Potato Pasty.

44. Boil, peel, and mash potatoes as fine as possible; mix them with salt, pepper, and a good bit of butter. Make a paste; roll it out thin like a large puff, and put in the potato; fold over one half, pinching the edges. Bake in a moderate oven.

Cheap and excellent Custard.

45. Boil three pints of new milk, with a bit of lemon-peel, a bit of cinnamon and sweeten it. Meanwhile rub down smooth a large spoonful of rice-flour into a cup of cold milk, and mix with it two yolks of eggs well beaten. Take a basin of the boiling milk, and mix with the cold, and then pour that to the boiling; stirring it one way till it begins to thicken, and is just going to boil up; then pour it into a pan, stir it some time, add a large spoonful of peach-water, two tea-spoonfuls of brandy, or a little ratafia. Marbles boiled in custard, or any thing likely to burn, will, by shaking them in the saucepan, prevent it from catching.

Richer Custard.

46. Boil a pint of milk with lemon-peel and cinnamon; mix a pint of cream, and the yolks of five eggs well beaten; when the milk tastes of the seasoning, sweeten it enough for the whole; pour it into the cream, stirring it well; then give the custard a simmer till of a proper thickness. Don't let it boil; stir the whole time one way; season as above. If to be very rich, put no milk, but a quart of cream to the eggs.

Baked Custard.

47. Boil one pint of cream, half a pint of milk; with mace, cinnamon, and lemon-peel, a little of each. When cold, mix the yolks of three eggs; sweeten them and make your cups or paste nearly full. Bake them ten minutes.

Lemon Custards.

48. Beat the yolks of eight eggs till they are as white as milk; put to them a pint of boiling water, the rinds of two lemons grated, and the juice sweetened to your taste. Stir it on the fire till thick enough; then add a large glass of rich wine, and half a glass of brandy; give the whole one scald, and put it in cups, to be eaten cold.

Almond Custard.

49. Blanch and beat four ounces of almonds fine with a spoonful of water; beat a pint of cream with two spoonfuls of rose-water, and put them to the yolks of four eggs, and as much sugar as will make it pretty sweet; then add the almonds; stir it all over a slow fire till it is of a proper thickness; but don't boil. Pour it into cups.

Cheesecakes.

50. Strain the whey from the curd of two quarts of milk; when rather dry, crumble it through a coarse sieve, and mix with six ounces of fresh butter, one ounce of pounded blanched almonds, a little orange-flower water, half a glass of raisin wine, a grated biscuit, four ounces of currants, some nutmeg, and cinnamon, in fine powder, and beat all the above with three eggs, and half a pint of cream, till quite light; then fill the patty-pans three parts full.

A plainer sort.

51. Turn three quarts of milk to curd, break

it, and drain the whey : when dry, break it in a pan, with two ounces of butter, till perfectly smooth ; put to it a pint and a half of thin cream, or good milk, and add sugar, cinnamon, nutmeg, and three ounces of currants.

Lemon Cheesecakes.

52. Mix four ounces of sifted lump-sugar, and four ounces of butter, and gently melt it ; then add the yolks of two and the white of one egg, the rind of three lemons shred fine, and the juice of one and a half ; one Savoy biscuit, some blanched almonds pounded, three spoonfuls of brandy ; mix well, and put in paste made as follows : eight ounces of flour, six ounces of butter, two-thirds of which mix with the flour first, then wet it with six spoonfuls of water, and roll the remainder in.

53. *Another way.*—Boil two large lemons, or three small ones, and after squeezing, pound them well together in a mortar, with four ounces of loaf-sugar, the yolks of six eggs, and eight ounces of fresh butter. Fill the pattypans half full.

Orange cheesecakes are done the same way, only you must boil the peel in two or three waters to take out the bitterness, or make them of orange marmalade well beaten in a mortar.

Potato Cheesecakes.

54. Boil six ounces of potatoes, and four ounces of lemon-peel ; beat the latter in a marble mortar

with four ounces of sugar, then add the potatoes, beaten, and four ounces of butter melted in a little cream. When well mixed, let it stand to grow cold. Put crust in pattypans, and rather more than half fill them. Bake in a quick oven half an hour, sifting some double-refined sugar on them when going to the oven. This quantity will make a dozen.

A good Pound Cake.

55. Beat a pound of butter to a cream, and mix with it the whites and yolks of eight eggs beaten apart. Have ready, warm by the fire, a pound of flour, and the same of sifted sugar, mix them, and a few cloves, a little nutmeg and cinnamon in fine powder together; then by degrees work the dry ingredients into the butter and eggs. When well beaten, add a glass of wine and some carraways. It must be beaten an hour. Butter a pan, and bake it a full hour in a quick oven. The above proportions, leaving out four ounces of the butter, and the same of sugar, make a less luscious cake, and to most tastes a more pleasant one.

Almond Cheesecakes.

56. Blanch and pound four ounces of almonds, and a few bitter, with a spoonful of water; then add four ounces of sugar pounded, a spoonful of cream, and the whites of two eggs well beaten; mix all as quick as possible; put into small pattypans, and bake in a pretty warm oven under twenty minutes.

57. *Another way.*—Blanch and pound four ounces of almonds, with a little orange-flower, or rose-water ; then stir in the yolks of six and whites of three eggs well beaten, five ounces of butter warmed, the peel of a lemon grated, and a little of the juice ; sweeten with fine Lisbon sugar. When well mixed, bake in a delicate paste, in small pans.

Jumbles.

58. Rasp on sugar, rinds of two lemons ; dry, reduce to powder, and sift it with as much more as will make one pound. Mix it with one pound of flour, four well-beaten eggs, and six ounces of warm butter. Drop the mixture on buttered tins, and bake in a very slow oven, for twenty or thirty minutes. Should look pale, but be perfectly crisp.

Dough Nuts.

59. Rub a quarter of a pound of butter into a pound of flour, then add five ounces of sugar, two eggs, about a dessert-spoonful of yeast, or saleratus, and sufficient milk to make it into a stiff paste. Let it stand to rise, then roll it out, and cut it into shapes, with a paste-cutter, and boil them in lard, till they are of a nice brown colour.

A Tipsy Cake.

60. Put a sponge-cake into a deep China or glass dish, pour round it some white wine, and a wine glass of brandy. Let the cake soak up the wine, and then strew sifted sugar over it,

and pour in the dish a rich thick custard. Ornament the top of the cake by sticking a light flower in the centre, or bits of clear currant-jelly, or blanch and split some sweet almonds, and stick them thickly over the cake.

Breakfast Cake.

61. To half a peck of flour, rub in a pound and a half of a butter; add three pounds of currants, half a pound of sugar, a quarter of an ounce of nutmeg, mace, and cinnamon together, a little salt, a pint and a half of warm cream or milk, a quarter of a pint of brandy, a pint of good ale, yeast, and five eggs; mix all these well together, and bake in a moderate oven. This cake will keep good for three months.

Johnny Cakes.

62. Scald a quart of Indian meal with water enough to make a very thick batter; add two or three tea-spoonfuls of salt, and mould it into small cakes with the hands. The hand must be well floured, or the batter will stick. Fry them in nearly sufficient fat to cover them; when brown on the under side, turn them; cook them about twenty minutes; when done, split and butter them.

Gingerbread.

63. One pound of flour, one pound of molasses a quarter of a pound of sugar, a quarter of a pound of butter, and half an ounce of ginger. Mix them well, drop on well buttered tins, and bake in a quick oven.

Caledonian Cream.

64. Two tea-spoonfuls of white sugar, one tea-spoonful of raspberry-jam, two whites of eggs, juice of one lemon; beat for half an hour. Serve up sprinkled with fancy biscuits.

Royal Paste, called "Au Choux."

65. This paste is the basis of many sorts of pastry; it is used to mix an infinite number of second-course dishes of various forms, and of different denominations.

Take a stewpan large enough to contain four quarts of water, pour half a pint of water into it, with a quarter of a pound or a little more of fresh butter, two ounces of sugar, a little salt, and the peel of a lemon; let the whole boil till the butter is entirely melted. Then take some very fine dry flour and shake it through a sieve. Take the lemon-peel out with a ladle, and throw a handful of flour into the preparation while boiling; take care, however, not to put more flour than the liquor can soak up. Stir with a wooden spoon till the paste can easily be detached from the stewpan, and then take it off the fire. Next break an egg into this paste, and mix it well; then break a second, which also mix; do not put more eggs than the paste can absorb, but you must be careful not to make this preparation too liquid. It is almost certain, that about five or six eggs will be wanted for the above quantity; then form them *en choux*, by which is meant, in the shape of a ball, an inch in

circumference. As this paste swells very much, you must dress it accordingly, putting the choux on a baking sheet, at an inch distant from each other. Brush them over as usual with egg wash, to which has been added a little milk. Put them into an oven moderately hot, but do not open the oven till they are quite baked, otherwise they would flatten, and all attempts to make them rise again would be useless: next dry them. Sometimes you may glaze them; at other times you may send them up without being glazed. To detach them from the baking sheet, apply the sharp edge of your knife, and take them off gently. Then make a small opening on the side, into which put, with a tea-spoon, such sweetmeats as you think proper, and send them up dished. *** This elegant receipt is extracted from "The French Cook," by MR. UDE.

Soyer's Apple Cake.

66. Butter a pie-dish near a quarter of an inch thick, throw in a large quantity of bread-crumbs, as much as will stick, when pressed well, on the butter; then have some apples already stewed down and sweetened, of which nearly fill the dish, put one ounce of butter in bits, cover over with bread-crumbs, also half an inch thick, put into hot oven; when done, pass a knife round and turn it out, sugar over, and glaze with a red hot shovel. If used hot, a little rum put round it and lighted is very nice.

PART XI.

CAKES, BREAD, &c.

[AFTER currants are nicely washed, they should be dried in a cloth, and set before the fire. If damp, they will make cakes or puddings heavy. Before they are added, a dust of dry flour should be thrown among them, and shaken, which causes the thing they are put with, to be lighter. Eggs should be long beaten, whites and yolks apart, and always strained. Sugar should be powdered on a board, and sifted through a very fine hair or lawn-sieve. Lemon-peel should be pared very thin, and with a little sugar beaten in a marble mortar to a paste, then mixed with a little wine or cream, so as to divide easily among the other ingredients. After all the articles are put into the pan, they should be thoroughly and long beaten, as the lightness of the cake depends much on their being well incorporated. Whether black or white plum-cakes, they require less butter and eggs for having yeast, and eat equally light and rich. If the leaven be only of flour, milk and water, and yeast, it becomes more tough, and is less easily divided than if the butter be first put with those ingredients, and the dough afterwards set to rise by the fire. The heat of the oven is of great importance for cakes, especially those that are large. If not pretty quick, the batter will not rise. Should you fear its catching by being too quick, put some paper over the cake to prevent its being burnt. If not long enough lighted to have a body of heat, or it is become slack, the cake will be heavy. To know when it is soaked, take a bright knife and plunge into the centre, draw it out, and if the least stickiness adheres, put the cake immediately in, and shut up the oven. If the heat is sufficient to raise, but not to soak, get fresh fuel quickly put in, and keep the cakes hot till the oven is fit to finish the soaking.]

Iceing for Cakes.

1. For a large one, beat and sift eight ounces of fine sugar, put into a mortar with four spoonfuls of rose-water, with the whites of two eggs beaten and strained, whisk it well, and when the cake is almost cold, dip a feather in the iceing, and cover the cake well; set it in the oven to harden, but don't let it stay to discolour. Put the cake into a dry place.

To ice a very large Cake.

2. Beat the whites of twenty fresh eggs; then by degrees beat a pound of double-refined sugar sifted through a lawn-sieve; mix these well in a deep earthen pan; add orange flower water, and a piece of fresh lemon-peel; of the former enough to flavour, and no more. Whisk it for three hours till the mixture is thick and white; then with a thin broad bit of board spread it all over the top and sides, and set it in a cool oven, and an hour will harden it.

A common Cake.

3. Mix three quarters of a pound of flour with half a pound of butter, four ounces of sugar, four eggs, half an ounce of carraways. Beat it well, and bake in a quick oven.

A Luncheon Cake.

4. Take two pounds of bread dough, half a pound of butter, three quarters of a pound of currants, six ounces of sugar, and a little warm

milk; the dough to be kept warm till used; the butter to be beaten to a cream before mixing with the other ingredients, and the whole very much beaten. If carraway seeds are used instead of currants, half a pound of sugar will be necessary.

A Wedding Cake.

5. Take one pound of flour, one pound of sifted sugar, two and a half pounds of currants, washed clean, picked and dried: candied citron, orange, lemon-peel, two ounces of each, all cut very fine; a quarter of a pound of sweet almonds, cut into quarters the long way; a table-spoonful of mixed spice; add all these with the flour, sugar, &c., rub them with your hand till well mixed. Put one pound of butter into a pan and beat into a cream, it should be done with the hand and not with a spoon. After which break the eggs into a basin and beat them up with a whisk and put them into the butter a little at a time, when you add the egg to the butter beat it up till well mixed, then put in the flour, sugar, &c., and about two glasses of brandy; mix all well together. Have the cake hoop or tin ready, lined with paper, then put into the oven, which should not be too hot but of a good steady heat. To know when sufficiently done, try with a clean knife. Leave it in the mould till the next day. If for a large cake use double the quantities.

Rout Drop Cakes.

6. Mix two pounds of flour, one ditto butter, one ditto sugar, one ditto currants, clean and

dry; then wet into a stiff paste, with two eggs, a large spoon of orange-flower water, ditto rose-water, ditto sweet wine, ditto brandy, drop on a tin plate floured: a very short time bakes them.

Little White Cakes.

7. Dry half a pound of flour, rub into it a very little pounded sugar, one ounce of butter, one egg, a few carraways, and as much milk and water, as to make a paste; roll it thin, and cut it with the top of a canister or glass. Bake fifteen minutes on tin-plates.

Little short Cakes.

8. Rub into a pound of dried flour four ounces of butter, four ounces of white powdered sugar, one egg, and a spoonful or two of thin cream to make into a paste. When mixed, put currants into one half, and carraways into the rest. Cut them as before, and bake on tins.

Little Plum Cakes, to keep long.

9. Dry one pound of flour, and mix with six ounces of finely pounded sugar; beat six ounces of butter to a cream, and add to three eggs, well beaten, half a pound of currants washed, and nicely dried, and the flour and sugar; beat all for some time, then dredge flour on tin plates, and drop the batter on them the size of a walnut. If properly mixed, it will be a stiff paste. Bake in a brisk oven.

A cheap seed Cake.

10. Mix a quarter of a peck of flour with half a pound of sugar, a quarter of an ounce of allspice, and a little ginger; melt three quarters of a pound of butter, with half a pint of milk; when just warm, put to it a quarter of a pint of yeast, and work up to a good dough. Let it stand before the fire a few minutes before putting it into the oven; add seeds, or currants, and bake an hour and a half.

11. *Another.*—Mix a pound and a half of flour, and a pound of common lump-sugar, eight eggs beaten separately, an ounce of seeds, two spoonfuls of yeast, and the same of milk and water.

NOTE.—Milk alone causes cake and bread soon to dry.

Common Bread Cake.

12. Take the quantity of a quartern loaf from the dough, when making white bread, and knead well into it two ounces of butter, two of sugar, and eight of currants. Warm the butter in a tea-cupful of good milk.

By the addition of an ounce of butter, or sugar, or an egg or two, you may make the cake better. A tea-cupful of raw cream improves it much. It is best to bake it in a pan, rather than as a loaf, the outside being less hard.

Queen Cakes.

13. Mix a pound of dried flour, the same of sifted sugar, and of washed currants. Wash a pound of butter in rose-water, beat it well, then

mix with it eight eggs, yolks and whites beaten separately, and put in the dry ingredients by degrees; beat the whole an hour; butter little tins, tea-cups, or saucers, and bake the batter in, filling only half. Sift a little fine sugar over just as you put into the oven.

Shrewsbury Cakes.

14. Sift one pound of sugar, some pounded cinnamon, and a nutmeg grated, into three pounds of flour, the finest sort; add a little rose-water to three eggs, well beaten, and mix these with the flour, &c., then pour into it as much melted butter as will make it a good thickness to roll out. Mould it well, roll thin, and cut into such shapes as you like.

Tunbridge Cakes.

15. Rub six ounces of butter quite fine, into a pound of flour, then mix six ounces of sugar, beat and strain two eggs, and make with the above into a paste. Roll it very thin, and cut with the top of a glass; prick them with a fork, and cover with carraways, or wash with the white of an egg, and dust a little white sugar over.

Rice Cake.

16. Mix ten ounces of ground rice, three ounces of flour, eight ounces of pounded sugar; then sift by degrees into eight yolks and six whites of eggs, and the peel of a lemon shred so fine that it is quite mashed; mix the whole well

in a tin stew-pan over a very slow fire with a whisk, then put it immediately into the oven in the same, and bake forty minutes. A gentle oven will bake it in an hour and a half.

Water Cakes.

17. Dry three pounds of fine flour, and rub into it one pound of sugar sifted, one pound of butter, one ounce of carraway-seed. Make it into a paste with three quarters of a pint of boiling new milk, roll very thin, and cut into the size you choose; punch full of holes, and bake on tin plates in a cool oven.

Tea Cakes.

18. Rub fine four ounces of butter into eight ounces of flour; mix eight ounces of currants, and six of fine sugar, two yolks and one white of eggs, and a spoonful of brandy. Roll the paste thin, and cut with a wine-glass. You may beat the other white, and wash over them: and either dust sugar, or not, as you like.

Benton Tea Biscuits.

19. Rub into a pound of flour six ounces of butter, and three large spoonfuls of yeast, and make into a paste, with a sufficient quantity of new milk; make into biscuits, and prick them with a clean fork.

20. *Another sort.*—Melt six or seven ounces of butter with a sufficiency of new milk warmed to make seven pounds of flour into a stiff paste; roll thin, and make into biscuits.

Sponge Cake.

21. Weigh ten eggs, and their weight in very fine sugar, and that of six in flour; beat the yolks with the flour, and the whites alone, to a very stiff froth; then by degrees mix the whites and the flour with the other ingredients, and beat them well half an hour. Bake in a quick oven an hour.

22. *Another, without butter.*—Dry one pound of flour, and one and a quarter of sugar; beat seven eggs, yolks and whites apart; grate a lemon, and, with a spoonful of brandy, beat the whole together with your hand for an hour. Bake in a buttered pan, in a quick oven.

Sweetmeats may be added, if approved.

A Biscuit Cake.

23. One pound of flour, five eggs well beaten and strained, eight ounces of sugar, a little rose, or orange-flower water; beat the whole thoroughly, and bake one hour.

Cracknels.

24. Mix with a quart of flour half a nutmeg grated, the yolks of four eggs beaten, with four spoonfuls of rose water, into a stiff paste, with cold water; then roll in a pound of butter, and make them into a cracknel shape; put them into a kettle of boiling water, and boil them till they swim, then take out, and put them into cold water; when hardened, lay them out to dry, and bake them on tin plates.

Crack Nuts.

25. Mix eight ounces of flour, and eight ounces of sugar; melt four ounces of butter in two spoonfuls of raisin-wine; then, with four eggs beaten and strained, make into a paste; add carraways, roll out as thin as paper, cut with the top of a glass, wash with the white of an egg, and dust sugar over.

Isle of Wight Cracknels.

26. Sift a quart of the finest dry flour; beat up the yolks of four eggs, with grated nutmeg, powdered loaf sugar, and half a gill of orange-flower or rose-water; pour it into the flour, and make a stiff paste. Then mix, and roll in, by degrees, a pound of butter, and when in a soft paste, and rolled out to the thickness of about the third of an inch, cut it into round cracknel shapes, throw them into boiling water, and let them remain in it till they swim on the surface. They must then be taken out, and thrown in cold water to harden; after which dry them slowly, wash them over with whites of egg, well beaten; bake on tin plates in an oven brisk enough to make them crisp.

Macaroons.

27. Blanch four ounces of almonds, and pound with four spoonfuls of orange-flower water; whisk the whites of four eggs to a froth, then mix it, and a pound of sugar, sifted, with the almonds, to a paste; and laying a sheet of wafer-paper on a tin, put it on in different little cakes, the shape of macaroons

A good plain Bun.

28. Rub four ounces of butter into two pounds of flour, four ounces of sugar, a nutmeg, or not, as you like, a few Jamaica peppers, a dessert-spoonful of carraways; put a spoonful or two of cream into a cup of yeast, and as much good milk as will make the above into a light paste. Set it to rise by a fire till the oven be ready. Bake on tins.

Richer Buns.

29. Mix one pound and a half of dried flour with half a pound of sugar: melt a pound and two ounces of butter in a little warm water; add six spoonfuls of rose-water, and knead the above into a light dough, with half a pint of yeast; then mix five ounces of carraway-comfits in, and put some on them.

Gingerbread.

30. Mix with two pounds of flour half a pound of treacle, three quarters of an ounce of carraways, one ounce of ginger finely sifted, and eight ounces of butter. Roll the paste into what form you please, and bake on tins, after having worked it very much, and kept it to rise.

If you like sweetmeats, add orange candied; it may be added in small bits.

31. *A good plain sort.*—Mix three pounds of flour with half a pound of butter, four ounces of brown sugar, half an ounce of pounded ginger; then make into a paste with one pound and a quarter of treacle warm.

Parliament Gingerbread.

32. Rub together half a pound of flour, a quarter pound of butter, a quarter of a pound of fine moist sugar, a tea-spoor 'ul of ground ginger, the same of allspice and cinnamon, in powder; the rind of one lemon grated, and as much treacle as will make it in a paste to spread on tins very thin. Take it gently when hot, cut it in squares, and, while warm, roll it over a round stick. Keep in a dry place.

NOTE.—Cakes or biscuits if kept in paper, or in a drawer will taste disagreeable. A pan and cover, or tureen, will preserve them long and moist. Or, if to be crisp, laying them before the fire will make them so.

To make Yeast.

33. Boil one pound of potatoes to a mash; when half cold, add a cupful of yeast, and mix it well. It will be ready for use in two or three hours, and keeps well.

Use double the quantity of this to what you do of beer-yeast.

To take off the bitter of yeast, put bran into a sieve, and pour it through, having first mixed a little warm water with it.

Rusks.

34. Beat seven eggs well, and mix with half a pint of new milk, in which have been melted four ounces of butter; add to it a quarter of a pint of yeast, and three ounces of sugar, and put them, by degrees, into as much flour as will

make a *very* light paste, rather like a batter, and let it rise before the fire half an hour; then add some more flour, to make it a little stiffer, but not stiff. Work it well, and divide it into small loaves, or cakes, five or six inches wide, and flatten them. When baked and cold, slice them the thickness of rusks, and put them in the oven to brown a little.

NOTE.—The cakes, when first baked, eat deliciously buttered for tea; or with carraways, to eat cold.

To make Bread.

35. To four pounds of flour, add four spoonfuls of yeast; a pint of water, a little salt; make it into a stiff paste, set it by the fire to rise for two hours, knead it well and make it into loaves and bake in oven with a good steady heat.

The Reverend Mr. Hagget's economical Bread.

36. Only the coarse flake-bran is to be removed from the flour; of this take five pounds, and boil it in rather more than four gallons of water; so that when perfectly smooth, you may have three gallons and three quarts of bran-water clear. With this, knead fifty-six pounds of the flour, adding salt and yeast in the same way, and proportions as for other bread. When ready to bake, divide into loaves, bake two hours and a half.

Thus made, flour will imbibe three quarts more of bran-water than of plain; so that it not only produces a more nutritious substantial food, but makes an increase of one-fifth of the usual quantity of bread. When ten days old, if put into

the oven for twenty minutes this bread will appear quite new again.

Rice-and-Wheat Bread.

37. Simmer a pound of rice in two quarts of water till it becomes perfectly soft; when it is of a proper warmth, mix it well with four pounds of flour, and yeast and salt as for other bread; of yeast about four large spoonfuls; knead it well; then set it to rise before the fire. Some of the flour should be reserved to make up the loaves. If the rice should require more water, it must be added, as some rice swells more than other.

French Bread.

38. With a quarter of a peck of fine flour mix the yolks of three and whites of two eggs, beaten and strained, a little salt, half a pint of good yeast that is not bitter, and as much milk, made a little warm, as will work into a thin light dough. Stir it about, but don't knead it. Have ready three dishes, divide the dough equally in them, set to rise, then turn them out into the oven, which must be quick. Rasp when done.

To discover whether bread has been adulterated with whiting or chalk.

39. Mix it with lemon-juice, or strong vinegar, and if this puts it into a state of fermentation, you may be certain it has a mixture of alkaline particles; and these are sometimes in large quantities in bakers' bread.

Excellent Rolls.

40. Warm an ounce of butter in half a pint of milk, put to it a spoonful and a half of yeast of small beer, and a little salt. Put two pounds of flour into a pan, and mix in the above. Let it rise an hour; knead it well; make into seven rolls, and bake in a quick oven.

If made in cakes three inches thick, sliced and buttered, they will resemble the celebrated Sally Lunn Bath roll.

French Rolls.

41. Rub an ounce of butter into a pound of flour; mix one egg beaten, a little yeast that is not bitter, and as much milk as will make a dough of a middling stiffness. Beat it well, but do not knead; let it rise and bake on tins.

Potato Rolls.

42. Boil three pounds of potatoes, bruise and work them with two ounces of butter, and as much milk as will make them pass through a cullender. Take half or three quarters of a pint of yeast, and half a pint of warm water, mix with the potatoes, then pour the whole upon five pounds of flour, and add some salt. Knead it well: if not of a proper consistence, put a little more milk and water warm; let it stand before the fire an hour to rise; work it well, and make into rolls. Bake about half an hour in an oven not quite so hot as for bread. They eat well, toasted and buttered.

Muffins.

43. Mix two pounds of flour with two eggs, two ounces of butter melted in a pint of milk, and four or five spoonfuls of yeast; beat it thoroughly, and set it to rise two or three hours. Bake on a hot hearth in flat cakes. When done on one side turn them.

Note.—Muffins, rolls, or bread, if stale, may be made to taste new, by dipping in cold water, and toasting, or heating in an oven, till the outside be crisp.

Yorkshire Cake.

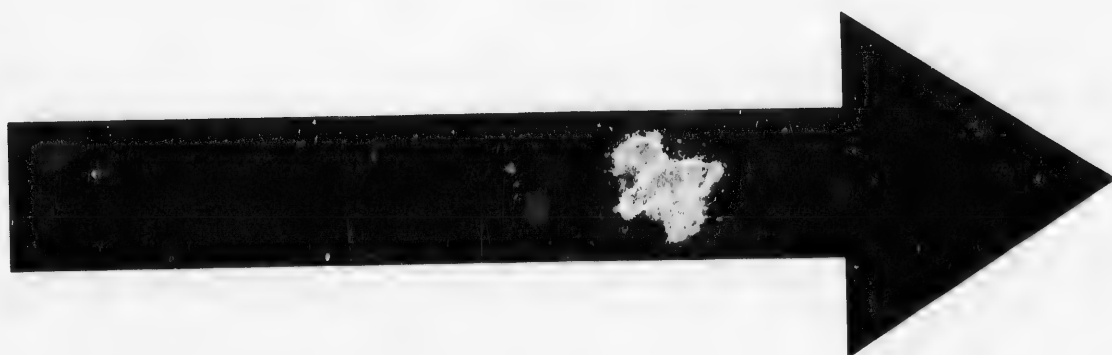
44. Take two pounds of flour, and mix with it four ounces of butter melted in a pint of good milk, three spoonfuls of yeast, and two eggs: beat all well together, and let it rise; then knead it, and make into cakes; let them rise on tins before you bake; do in a slow oven. Another sort is made as above, leaving out the butter. The first is a shorter sort; the last lighter.

Hard Biscuits.

45. Warm two ounces of butter in as much skimmed milk as will make a pound of flour into a very stiff paste, beat it with a rolling-pin, and work it very smooth. Roll it thin, and cut it into round biscuits; prick them full of holes with a fork. About six minutes will bake them.

Plain and very crisp Biscuits.

46. Make a pound of flour, the yolk of an egg, and some milk, into a very stiff paste; beat it well, and knead till smooth; roll thin, cut into biscuits. Bake in slow oven till dry and crisp.



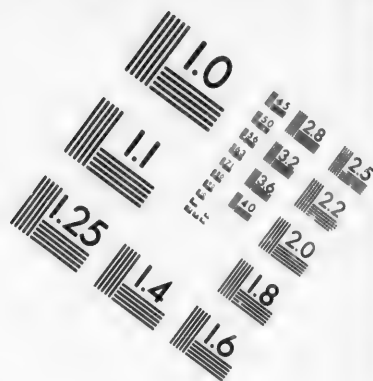
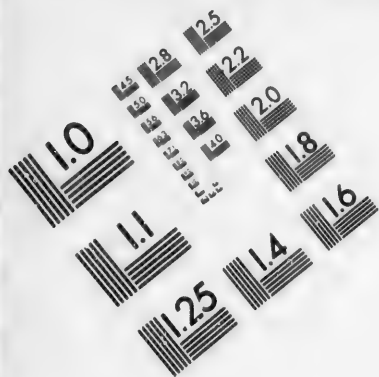
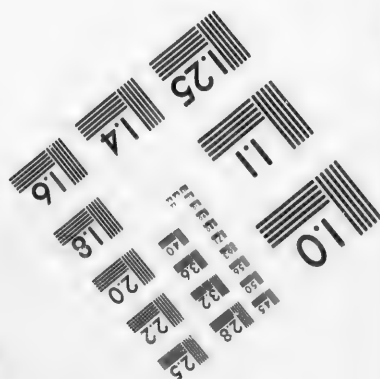
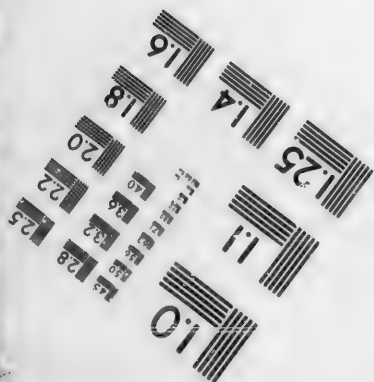
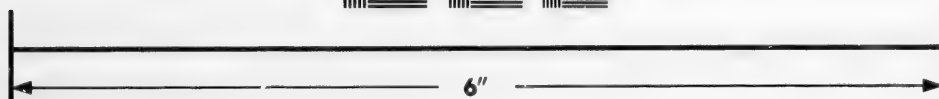
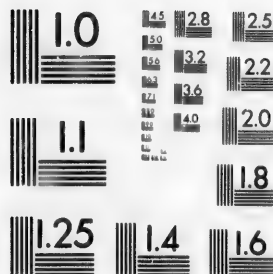


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PART XII.

SWEET DISHES, SWEETMEATS, AND PRESERVES.

[*GREAT* care has been taken in selecting the following receipts, to enable the purveyor to furnish the table with such delicacies as cannot fail to satisfy the palate of the most fastidious epicure. These relishing dainties should be got up with great precaution and cleanliness. The following colourings to stain jellies, ices, or cakes, should be strictly observed to render them delicate and beautiful:—For *red*, boil fifteen grains of cochineal in the finest powder, with a dram and a half of cream of tartar, in half a pint of water, very slowly, half an hour. Add in boiling a bit of alum the size of a pea. Or use beet-root sliced, and some liquor poured over. For *white*, use almonds finely powdered, with a little drop of water; or use cream. For *yellow*, yolks of eggs, or a bit of saffron steeped in the liquor and squeezed. For *green*, pound spinach leaves or beet-leaves, express the juice, and boil in a tea-cup in a saucepan of water to take off the rawness. Sweetmeats should be kept carefully from the air, and in a very dry place; unless they have a very small proportion of sugar, a warm one does not hurt; but when not boiled long enough, heat makes them ferment; and damp causes them to grow mouldy. They should be looked at two or three times in the first two months, that they may be gently boiled again, if not likely to keep. Jellies of fruit, made with equal quantity of sugar, that is, a pound to a pint, require no very long boiling. A pan should be kept for the purpose of preserving. Sieves and spoons should be kept likewise for sweet things. Sweetmeats keep best in drawers that are not connected with a wall. If there be the least damp, cover them only with paper dipped in brandy, laid quite close; putting a little fresh over in spring, to prevent insect-mould.]

A Froth to set on Cream, Custard, or Trifle.

1. Sweeten half a pound of the pulp of damsons, or any other sort of scalded fruit, put to it the whites of four eggs beaten, and beat the pulp with them until it will stand as high as you choose; and being put on the cream, &c., with a spoon, it will take any form; it should be rough, to imitate a rock.

Buttered Rice.

2. Wash and pick some rice, drain, and put it with some new milk, enough just to swell it, over the fire; when tender, pour off the milk, and add a bit of butter, a little sugar, and pounded cinnamon. Shake it, that it do not burn, and serve.

Snow Balls.

3. Swell rice in milk, and strain it off, and having pared and cored apples, put the rice round them, tying each up in a cloth. Put a bit of lemon-peel, a clove, or cinnamon in each, and boil them well.

Souffle of Rice and Apple.

4. Blanch Carolina rice, strain it, and set it to boil in milk, with lemon-peel, and a bit of cinnamon. Let it boil till the rice is dry; then cool it, and raise a rim three inches high round the dish; having egged the dish, where it is put, to make it stick. Then egg the rice all over. Fill the dish half way up with a marmalade of apples; have ready the whites of four eggs

beaten to a fine froth, and put them over the marmalade; then sift fine sugar over it, and set it in the oven, which should be warm enough to give it a beautiful colour.

Puits d'Amour.

5. Cut a fine rich puff paste rolled thin, with tin shapes made on purpose, one size less than another in a pyramidical form, and lay them so; then bake in a moderate oven, that the paste may be done sufficiently, but very pale. Lay different coloured sweetmeats on the edges.

A very nice Dish of Macaroni dressed sweet.

6. Boil two ounces in a pint of milk, with a bit of lemon-peel, and a good bit of cinnamon, till the pipes are swelled to their utmost size without breaking. Lay them on a custard-dish, and pour a custard over them hot. Serve cold.

Floating Island.

7. Mix three half-pints of thin cream with a quarter of a pint of raisin wine, a little lemon-juice, orange-flower water, and sugar; put it into a dish for the middle of the table, and put on the cream a froth, as directed in No. 1, which may be made of raspberry or currant-jelly.

Flummery.

8. Put three large handfuls of very small white oatmeal to steep a day and night in cold water; then pour it off clear, and add as much more water, and let it stand the same time. Strain

it through a fine hair-sieve, and boil till it be as thick as hasty-pudding; stirring it well all the time. When first strained, put to it one large spoonful of white sugar, and two of orange flower water. Pour it into shallow dishes; and serve to eat with wine, cider, milk, or cream and sugar.

Rice Flummery.

9. Boil with a pint of new milk, a bit of lemon-peel, and cinnamon; mix with a little cold milk as much rice-flour as will make the whole of a good consistence, sweeten, and add a spoonful of peach-water, or a bitter almond beaten; boil it, observing it don't burn; pour it into a shape or pint-basin, taking out the spice. When cold, turn the flummery into a dish, and serve with cream, milk, or custard round; or put a tea-cupful of cream into half a pint of new milk, a glass of white wine, half a lemon squeezed, and sugar.

Somersetshire Firmity.

10. To a quart of ready-boiled wheat, put by degrees two quarts of new milk, breaking the jelly, and then four ounces of currants picked clean, and washed; stir them, and boil till they are done. Beat the yolks of three eggs, and a little nutmeg, with two or three spoonfuls of milk; add this to the wheat; stir them together while over the fire; then sweeten, and serve cold in a deep dish. Some persons like it best warm.

Curds and Cream.

11. To four quarts of new milk warmed, put from a pint to a quart of buttermilk strained, according to its sourness; keep the pan covered until the curd be of firmness to cut three or four times across with a saucer, as the whey leaves it; put it into a shape, and fill up until it be solid enough to take the form. Serve with cream plain, or mixed with sugar, wine, and lemon.

Blanc-mange.

12. Boil two ounces of isinglass in three half-pints of water half an hour; strain it to a pint and a half of cream; sweeten it, and add some peach-water, or a few bitter-almonds; let it boil once up, put it into what forms you please. If not to be very stiff, a little less isinglass will do. Observe to let the blanc-mange settle before you turn it into the forms, or the blacks will remain at the bottom of them, and be on the top of the blanc-mange when taken out of the moulds.

Jaune-mange.

13. Pour a pint of boiling water over two ounces of isinglass, and when it is dissolved add three quarters of a pint of white wine, the juice of two oranges, and one lemon, the peel of a lemon shred fine, sweeten this to your taste, and add the yolks of eight eggs, let it simmer gently, strain and pour it into moulds. Turn out next day.

An excellent Trifle.

14. Lay macaroons and ratafia-drops over the bottom of your dish, and pour in as much raisin wine as they will suck up; which, when they have done, pour on them cold rich custard made with *more eggs* than directed in the foregoing pages, and some flour. It must stand two or three inches thick; on that put a layer of raspberry-jam, and cover the whole with a very high whip made the day before, of rich cream, the whites of two well beaten eggs, sugar, lemon-peel, and raisin wine; well beat with a whisk, kept only to whip syllabubs and creams. If made the day before used, it has a far better taste.

Chantilly Cake, or Cake Trifle.

15. Bake a rice cake in a mould. When cold, cut it round about two inches from the edge with a sharp knife, taking care not to perforate the bottom. Put in a thick custard, and some teaspoonfuls of raspberry-jam, then put on a whip.

Gooseberry Fool.

16. Put the fruit into a stone jar, and some good sugar; set the jar on a stove, or in a saucepan of water over the fire; if the former, a large spoonful of water should be added to the fruit. When it is done enough to pulp, press it through a cullender; have ready a sufficient quantity of new milk, and a tea-cup of raw cream, boiled together; or an egg instead of the latter, and left to be cold; then sweeten it pretty well with fine sugar, and mix the pulp by degrees with it.

Apple Fool.

17. Stew apples as directed for gooseberries, and then peel and pulp them. Prepare the milk, &c., and mix as before.

An excellent Cream.

18. Whip up three quarters of a pint of very rich cream to a strong froth, with some finely scraped lemon-peel, a squeeze of the juice, half a glass of sweet wine and sugar, to make it pleasant, but not too sweet; lay it on a sieve or in a form, and next day put it on a dish, and ornament it with very light puff-paste biscuits, made in tin shapes the length of a finger, and about two thick, over which sugar may be strewed, or a light glaze with isinglass. Or you may use macaroons, to line the edge of the dish.

Burnt Cream.

19. Make a rich custard without sugar, boiling lemon-peel in it. When cold, sift a good deal of sugar over the whole, and brown the top with a salamander.

Brandy Cream.

20. Boil two dozen of almonds blanched, and pounded bitter almonds, in a little milk. When cold, add to it the yolks of five eggs, beaten well in a little cream, sweeten, and put to it two glasses of the best brandy; and when well mixed, pour to it a quart of thin cream: set it over the fire, but don't let it boil; stir one way till it thickens, then pour into cups, or low glasses.

When cold it will be ready. A ratafia-drop may be put in each, if you choose it. If you wish it to keep, scald the cream previously.

Ratafia Cream.

21. Boil three or four laurel, peach, or nectarine-leaves. in a full pint of cream; strain it; and when cold, add the yolks of three eggs beaten and strained, sugar, and a large spoonful of brandy stirred quick into it. Scald till thick, stirring it all the time.

Lemon Cream.

22. Take a pint of thick cream, and put to it the yolks of two eggs well beaten, four ounces of fine sugar, and the thin rind of a lemon; boil it up; then stir it till almost cold; put the juice of a lemon in a dish or bowl, and pour the cream upon it, stirring it till quite cold.

Snow Cream.

23. Put to a quart of cream the whites of three eggs well beaten, four spoonfuls of sweet wine, sugar to your taste, and a bit of lemon-peel; whip it to a froth, remove the peel; and serve in a dish.

Codlin Cream.

24. Pare and core twenty good apples; beat them in a mortar, with a pint of cream; strain it into a dish; and put sugar, bread-crumbs, and a glass of wine, to it. Stir it well.

Almond Cream.

25. Beat four ounces of sweet almonds, and a few bitter, in a mortar, with a tea-spoonful of water to prevent oiling, both having been blanched. Put the paste to a quart of cream, and add the juice, of three lemons sweetened; beat it up with a whisk to a froth, which take off on the shallow part of a sieve; fill glasses with some of the liquor and the froth.

Coffee Cream, much admired.

26. Boil a calf's foot in water till it wastes to a pint of jelly, clear of sediment and fat. Make a tea-cup of very strong coffee; clear it with a bit of isinglass to be perfectly bright; pour to it the jelly, and add a pint of very good cream, and as much fine sugar as is pleasant; give one boil up, and pour into the dish. It should jelly, but not be stiff. Observe that your coffee be fresh.

Excellent Orange Cream.

27. Boil the rind of a Seville orange very tender; beat it fine in a mortar; put to it a spoonful of the best brandy, the juice of a Seville orange, four ounces of loaf sugar, and the yolks of four eggs; beat together for ten minutes; then, by degrees, pour in a pint of boiling cream; beat till cold; put into custard-cups set into a deep dish of boiling water, and let them stand till cold again. Put at the top small strips of orange-pareing cut thin, or preserved chips.

Chocolate Cream.

28. Scrape into one quart of thick cream, one ounce of the best chocolate, and a quarter of a pound of sugar; boil and mill it; when smooth take it off, and leave it to be cold; then add the whites of nine eggs. Whisk; and take up the froth on sieves, as others are done; and serve the froth in glasses, to rise above some of the cream.

Raspberry Cream.

29. Mash the fruit gently, and let them drain; then sprinkle a little sugar over, and that will produce more juice; then put the juice to some cream, and sweeten it; after which, if you choose to lower it with some milk, it will not curdle; which it would, if put to the milk before the cream; but it is best made of raspberry-jelly, instead of jam, when the fresh fruit cannot be obtained.

Clouted Cream.

30. String four blades of mace on a thread; put them to a gill of new milk, and six spoonfuls of rose-water; simmer a few minutes; then by degrees stir this liquor strained into the yolks of two new eggs well beaten. Stir the whole into a quart of very good cream, and set it over the fire; stir it till hot, but not boiling hot; pour it into a deep dish, and let it stand twenty-four hours. Serve it in a cream dish, to eat with fruits. Many people prefer it without any flavour but that of the cream; in which case use

a quart of new milk and the cream. When done enough, a round mark will appear on the surface of the cream, the size of the bottom of the pan it is done in, and when that is seen, remove the pan from the fire.

Orange Jelly.

31. Grate the rind of two Seville and two China oranges, and two lemons; squeeze the juice of three of each, and strain, and add the juice to a quarter of a pound of lump sugar, and a quarter of a pint of water, and boil till it almost candies. Have ready a quart of isinglass-jelly made with two ounces; put to it the syrup, and boil it once up; strain off the jelly, and let it stand to settle as above, before it is put into the mould.

Cranberry Jelly.

32. Make a very strong isinglass-jelly. When cold, mix it with a double quantity of cranberry juice pressed and strained; sweeten and boil it up; then strain it into a shape. The sugar must be good loaf, or the jelly will not be clear.

Cranberry and Rice Jelly.

23. Boil and press the fruit, strain the juice, and by degrees mix into it as much ground rice as will, when boiled, thicken to a jelly; boil it gently, stirring it, and sweeten to your taste. Put it in a basin or form, and serve to eat as the afore-directed jelly, with milk or cream.

Calf's Feet Jelly.

34. Boil two feet in two quarts and a pint of water till the feet are broken, and the water half wasted; strain it, and, when cold, take off the fat, and remove the jelly from the sediment; then put it into a saucepan, with sugar, raisin-wine, lemon-juice to your taste, and some lemon-peel. When the flavour is rich, put to it the whites of five eggs, well beaten, and their shells broken. Set the saucepan on the fire, but don't stir the jelly after it begins to warm. Let it boil twenty minutes after it rises to a head; then pour it through a flannel jelly-bag, first dipping the bag in hot water to prevent waste, and squeezing it quite dry. Run the jelly through till clear; then put it into glasses or forms.

The following mode will greatly facilitate the clearing of jelly: When the mixture has boiled twenty minutes, throw in a tea-cupful of cold water; let it boil five minutes longer; then take the saucepan off the fire covered close, and keep it half an hour; after which, it will be so clear as to need only once running through the bag, and much waste will be saved. Observe, feet for all jellies are boiled so long by the people who sell them, that they are less nutritious; they should be only scalded to take off the hair. The liquor will require greater care in removing the fat; but the jelly will be far stronger, and of course allow more water.

NOTE.—Jelly is equally good made of cow-heels nicely cleaned; and as they bear a less price than those of calves, and make a stronger jelly, this observation may be useful.

Apple Jelly to serve at table.

35 Prepare twenty apples; boil them in a pint and a half of water, till quite tender; then strain the liquor through a cullender. To every pint put a pound of fine sugar; add grated orange or lemon; then boil to a jelly.

Baked Pears.

36. These need not be of a fine sort; but some taste better than others, and often those that are least fit to eat raw. Wipe, but don't pare, and lay them on tin plates, and bake them in a slow oven. When enough to bear it, flatten them with a silver spoon. They should be baked three or four times, and very gently.

Stewed Apples.

37. Scoop out the core, pare them very fine, and as you do it, throw in water. For every pound of fruit, make half a pound of single-refined sugar in syrup, with a pint of water; when skimmed, put the pippins in, and stew till clear: then grate lemon over, and serve in the syrup. Be careful not to let them break.

They are an elegant and good dish for a corner or dessert.

Stewed Pears.

38. Pare and halve, or quarter, large pears, according to their size; throw them into water, as the skin is taken off before they are divided, to prevent their turning black. Pack them round a block-tin stewpan, and sprinkle as much

sugar over as will make them pretty sweet, and add lemon-peel, a clove or two, and some all-spice cracked; just cover them with water. Cover them close, and stew three or four hours; when tender, take them out, and pour the liquor over them.

To prepare Ice for Iceing.

39. Get a few pounds of ice, break it almost to powder, throw a large handful and a half of salt among it. You must prepare it in a part of the house where as little of the warm air comes as you can possibly contrive. The ice and salt being in a bucket, put your cream into an ice-pot, and cover it; immerse it in the ice, and draw that round the pot, so as to touch every possible part. In a few minutes put a spoon in, and stir it well, removing the parts that ice round the edges to the centre. If the ice-cream or water be in a form, shut the bottom close, and move the whole in the ice, as you cannot use a spoon to that without danger of waste. There should be holes in the bucket, to let off the ice as it thaws.

NOTE.—When any fluid tends towards cold, the moving it quickly accelerates the cold; and likewise, when any fluid is tending to heat, stirring will facilitate its boiling.

Ice Waters.

40. Rub some fine sugar on lemon or orange, to give the colour and flavour, then squeeze the juice of either on its respective peel; add water and sugar to make a fine sherbet, and strain it before it be put into the ice-pot. If orange the

greater proportion should be of the China juice, and only a little of Seville, and a small bit of the peel grated by the sugar.

Currant or Raspberry Water Ice.

41. The juice of these, or any other sort of fruit, being gained by squeezing, sweetened and mixed with water, will be ready for iceing.

Ice Creams.

42. Mix the juice of the fruits with as much sugar as will be wanted, before you add cream, which should be of a middling richness.

Butter to serve as a little Dish.

43. Roll butter in different forms; either like a pine, and make the marks with a tea-spoon, or roll it in crimping rollers, work it through a cullender, or scoop with a tea-spoon, and mix with grated beef, tongue, or anchovies. Make a wreath of curled parsley to garnish.

Potted Cheese.

44. Cut and pound four ounces of rich cheese, one ounce and a half of fine butter, a tea-spoonful of white pounded sugar, a little bit of mace, and a glass of white wine. Press it down in a deep pot.

Roast Cheese to come up after Dinner.

45. Grate three ounces of fat cheese, mix it with the yolks of two eggs, four ounces of grated bread, and three ounces of butter; beat the

whole well in a mortar, with a dessert-spoonful of mustard, and a little salt and pepper. Toast some bread, cut it into proper pieces, lay the paste as above thick upon them, put them into an oven covered with a dish, till hot through, remove the dish, and let the cheese brown a little. Serve as hot as possible.

Welsh Rabbit.

46. Toast a slice of bread on both sides, and butter it; toast a slice of fine rich cheese on one side, and lay that next the bread, and toast the other with a salamander; rub mustard over, and serve very hot, and covered.

Cheese Toast.

47. Mix some fine butter, made mustard, and salt, into a mass; spread it on fresh-made thin toasts, and grate or scrape cheese upon them.

Anchovy Toast.

48. Bone and skin six or eight anchovies; pound them to a mass with an ounce of fine butter till the colour is equal, and then spread it on toasts or rusks.

Buttered Eggs.

49. Beat four or five eggs, yolks and whites together, put a quarter of a pound of butter in a basin, and then put that in boiling water, stir it till melted, then pour that butter and the eggs into a saucepan; keep a basin in your hand, just hold the saucepan in the other over a slow part

of the fire, shaking it one way, as it begins to warm; pour it into a basin, and back, then hold it again over the fire, stirring it constantly in the saucepan, and pouring it into the basin, more perfectly to mix the egg and butter, until they shall be hot without boiling.

Serve on toasted bread; or in a basin, to eat with salt-fish, or red herrings.

To green Fruits for preserving or pickling.

50. Take pippins, apricots, pears, plums, peaches, while green for the first, or radish-pods, French beans for the latter, and cucumbers for both processes; and put them, with vine-leaves under and over, into a *block-tin* preserving-pan, with spring-water to cover them, and then the tin cover to exclude all air. Set it on the side of a fire, and when they begin to simmer, take them off, pour off the water, and if not green, put fresh leaves when cold, and repeat the same. Take them out carefully with a slice; they are to be peeled, and then done according to the receipts for the several modes.

To clarify Sugar for Sweetmeats.

51. Break as much as required in large lumps, and put a pound to half a pint of water, in a bowl, and it will dissolve better than when broken small. Set it over the fire, with the well-whipt white of an egg; let it boil up, and, when ready to run over, pour a little cold water in to give it a check; but when it rises a second time, take it

off the fire, and set it by in the pan for a quarter of an hour, during which the foulness will sink to the bottom, and leave a black scum on the top, which take off gently with a skimmer, and pour the syrup into a vessel very thickly from the sediment.

To candy any sort of Fruit.

52. When finished in the syrup, put a layer into a new sieve, and dip it suddenly into hot water, take off the syrup that hangs about it; put it on a napkin before the fire to drain, then do some more in the sieve. Have ready sifted double-refined sugar, which sift over the fruit on all sides till quite white. Set it on the shallow end of sieves in a lightly warm oven, and turn it two or three times. It must not be cold till dry.

A beautiful Preserve for Apricots.

53. When ripe, choose the finest apricots; pare them as thin as possible, and weigh them. Lay them in halves on dishes, with the hollow part upwards. Have ready an equal weight of good loaf-sugar finely pounded, and strew it over them; in the meantime break the stones, and blanch the kernels. When the fruit has lain twelve hours, put it, with the sugar and juice, and also the kernels, into a preserving-pan. Let it simmer very gently till clear; then take out the pieces of apricots singly as they become so; put them into small pots, and pour the syrup and kernels over them. The scum must be taken off as it rises. Cover with brandy-paper.

To preserve Apricots in Jelly.

54. Pare the fruit very thin, and stone it; weigh an equal quantity of sugar in fine powder and strew over it. Next day boil very gently till they are clear, move them into a bowl, and pour the liquor over. The following day pour the liquor to a quart of apple liquor, made by boiling and straining, and a pound of fine sugar; let it boil quickly till it will jelly; put the fruit into it, and give one boil, skim well, and put into small pots.

Apricots or Peaches in Brandy.

55. Wipe, weigh, and pick the fruit, and have ready a quarter of the weight of fine sugar in fine powder. Put the fruit into an ice-pot that shuts very close; throw the sugar over it, and then cover the fruit with brandy. Between the top and cover of the pot, put a piece of white paper. Set the pot into a saucepan of water till the brandy be as hot as you can possibly bear to put your finger in, but it must not boil. Put the fruit into a jar, and pour the brandy on it. When cold, put a bladder over, and tie it down tight.

Orange Marmalade.

56. Rasp the oranges, cut out the pulp, then boil the rinds very tender, and beat fine in a marble mortar. Boil three pounds of loaf-sugar in a pint of water, skim it, and add a pound of the rind; boil fast till the syrup is very thick, but stir it carefully; then put a pint of the pulp

and juice, the seeds having been removed, and a pint of apple-liquor; boil all gently until well jellied, which it will be in about half an hour. Put it into small pots.

Lemon Marmalade.

57. Do in the same way; they are very good and elegant sweetmeats.

To fill preserved Oranges; a corner dish.

58. For five take a pound of Naples biscuits, some blanched almonds, the yolks of four eggs beaten, sugar to your taste; four ounces of butter warmed, grate the biscuits, and mix with the above and some orange-flower water. Fill preserved oranges, and bake in a very slow oven. If you like them frosted, sift sugar over them as soon as filled; otherwise wipe them. Custard to fill will do as well; if so, you need not bake the oranges, but put it in when become cold.

To keep Oranges or Lemon for Pudding, &c.

59. When you squeeze the fruit, throw the outside in water, without the pulp; let them remain in the same a fortnight, adding no more; boil them therein till tender, strain it from them, and when they are tolerably dry, throw them into any jar of candy you may have remaining from old sweetmeats; or if you have none, boil a small quantity of syrup of common loaf-sugar and water and put over them; in a week or ten days boil them gently in it till they look clear,

and that they may be covered with it in the jar. You may cut each half of the fruit in two, and they will occupy a small space.

Orange Chips.

60. Cut oranges in halves, squeeze the juice through a sieve; soak the peel in water; next day boil in the same till tender, drain them, and slice the peels, put them to the juice, weigh as much sugar, and put altogether into a broad earthen dish, and put over the fire at a moderate distance, often stirring till the chips candy; then set them in a cool room to dry. They will not be so under three weeks.

Orange-flower Cakes.

61. Put four ounces of the leaves of the flowers into cold water for an hour; drain, and put between napkins, and roll with a rolling-pin till they are bruised; then have ready boiled one pound of sugar to add to it in a thick syrup, give them a simmer, until the syrup adheres to the sides of the pan, drop in little cakes on a plate, and dry as before directed.

To preserve Strawberries whole.

62. Take equal weights of the fruit and double-refined sugar; lay the former in a small dish, and sprinkle half the sugar in fine powder over; give a gentle shake to the dish, that the sugar may touch the under side of the fruit. Next day make a thin syrup with the remainder of the

sugar, and, instead of water, allow one pint of red-currant juice to every pound of strawberries; in this simmer them until sufficiently jellied. Choose the largest scarlets, or others, when not dead ripe. In either of the above ways, they eat well served in thin cream, in glasses.

To dry Cherries with sugar.

63. Stone six pounds; put them into a preserving-pan, with two pounds of loaf-sugar pounded and strewed among them; simmer till they begin to shrivel; then strain them from the juice; lay them on a hot stove, or in an oven when either is cool enough to dry without baking them. The same syrup will do another six pounds of fruit.

To dry Cherries without sugar.

64. Stone, and set them over the fire in the preserving-pan; let them simmer in their own liquor, and shake them in the pan. Put them by in common China dishes; next day give them another scald, and put them, when cold, on sieves to dry, in an oven of steady heat. Twice heating, an hour each time, do them. Put them in a box, with a paper between each layer.

Cherries in Brandy.

65. Weigh the finest morellas, having cut off half the stalk, prick them with a new needle, and drop them into a jar or wide-mouthed bottle. Pound three quarters the weight of sugar or white candy: strew over; fill up with brandy, and tie a bladder over.

Cherry Jam.

66. To twelve pounds of Kentish or duke cherries, when ripe, weigh one pound of sugar; break the stones of part, and blanch them: then put them to the fruit and sugar and boil all gently, till the jam comes clear from the pan. Pour it into China plates to come up dry to table. Keep in boxes with white paper between.

Currant Jam, black, red, or white.

67. Let the fruit be very ripe, pick it clean from the stalks, bruise it, and to every pound put three quarters of a pound of loaf-sugar; stir it well, and boil half an hour.

Currant Jelly, red or black.

68. Strip the fruit, and in a stone jar stew them in a sauce-pan of water, or by boiling it on the hot hearth; strain off the liquor, and to every pint weigh a pound of loaf-sugar; put the latter in large lumps into it, in a stone or China vessel, till nearly dissolved; then put it in a preserving-pan; simmer and skim. When it will jelly on a plate, put it in small jars or glasses.

Apple Marmalade.

69. Scald apples till they will pulp from the core: then take an equal weight of sugar in large lumps, dip in water, and boil it till it can be well skimmed, and is a thick syrup, put to it the pulp, and simmer it on a quick fire a quarter of an hour. Grate a little lemon-peel before boiled, but if too much it will be bitter.

Apple Jelly for preserving Apricots, or for any sort of Sweetmeats.

70. Let apples be pared, quartered, and cored; put them into a stew-pan with as much water as will cover them; boil as fast as possible; when the fruit is all in a mash, add a quart of water; boil half an hour more, and run through a jelly-bag.

If in summer, codlins are best; in September, golden rennets or winter-pippins.

Dried Apples.

71. Put them in a cool oven six or seven times, and flatten them by degrees, and gently, when soft enough to bear it. If the oven be too hot they will waste; and at first it should be very cool. The biffin, the minshui crab, or any tart apples, are the sorts for drying.

Gooseberry Jam for Tarts.

72. Put twelve pounds of the red hairy gooseberries, when ripe and gathered in dry weather, into a preserving-pan, with a pint of currant-juice, drawn as for jelly; let them boil pretty quick, and beat them with the spoon; when they begin to break, put to them six pounds of white sugar, and simmer slowly to a jam. It requires long boiling, or will not keep; but is an excellent thing for tarts or puffs. Look at it in two or three days, and if the syrup and fruit separate, the whole must be boiled longer. Be careful it does not burn at the bottom.

White Gooseberry Jam.

73. Gather the finest white gooseberries, or green if you choose, when just ripe; top and tail them. To each pound put three quarters of a pound of fine sugar, and half a pint of water. Boil and clarify the sugar in the water as directed in page 284; then add the fruit; simmer gently till clear, then break it, and in a few minutes put the jam into small pots.

To preserve Greengages.

74. Choose the largest, when they begin to soften; split them without paring, and strew a part of the sugar which you have previously weighed an equal quantity of. Blanch the kernels with a small sharp knife. Next day, pour the syrup from the fruit, and boil it with the other sugar, six or eight minutes, very gently; skim, and add the plums and kernels. Simmer till clear, taking off any scum that rises; put the fruit singly into small pots, and pour the syrup and kernels to it. If you would candy it, do not add the syrup, but observe the directions given for candying fruit in page 285; some may be done each way:

Raspberry Jam.

75. Weigh equal quantities of fruit and sugar; put the former into a preserving-pan, boil and break it, stir constantly, and let it boil very quickly. When most of the juice is wasted, add the sugar, and simmer half an hour.

This way the jam is greatly superior in colour and flavour to that which is made by putting the sugar in first.

76. *Another way.*—Put the fruit in a jar in a kettle of water, or on a hot hearth, till the juice will run from it, then take away a quarter of a pint from every pound of fruit; boil and bruise it half an hour, then put in the weight of the fruit in sugar, and, adding the same quantity of currant-juice, boil it to a strong jelly.

The raspberry-juice will serve to put into brandy, or may be boiled with its weight in sugar for making the jelly or raspberry-ice or cream.

Ginger Drops; a good Stomachic.

77. Beat two ounces of fresh candied orange in a mortar, with a little sugar, to a paste; then mix one ounce of powder of white ginger with one pound of loaf-sugar. Wet the sugar with a little water, and boil altogether to a candy, and drop it on paper the size of mint-drops.

Lemon Drops.

78. Grate three large lemons, with a large piece of double-refined sugar; then scrape the sugar into a plate, add half a tea-spoonful of flour, mix well, and beat it into a light paste with the white of an egg. Drop it upon white paper, and put them into a moderate oven on a tin plate.

Biscuits of Fruit.

79. To the pulp of any scalded fruit put an equal weight of sugar sifted, beat it two hours, then put it into little white paper forms, dry in a cool oven, turn the next day, and in two or three days box them.

Peppermint Drops.

80. Pound and sift four ounces of double-refined sugar, beat it with the whites of two eggs till perfectly smooth; then add sixty drops of oil of peppermint, beat it well and drop on white paper, and dry at a distance from the fire.

Ratafia Drops.

81. Blanch and beat in a mortar four ounces of bitter, and two ounces of sweet almonds, with a little of a pound of sugar sifted, and add the remainder of the sugar, and the whites of two eggs, making a paste; of which put little balls, the size of a nutmeg, on wafer-paper; bake gently on tin-plates.

Raspberry Cakes.

82. Pick out any bad raspberries that are among the fruit, weigh and boil what quantity you please, and when mashed, and the liquor is wasted, put to it sugar the weight of the fruit you first put into the pan, mix it well off the fire until perfectly dissolved, then put it on china-plates, and dry it in the sun. As soon as the top part dries, cut with the cover of a can-

ister into small cakes, turn them on fresh plates, and, when dry, put them in boxes with layers of paper.

To keep Currants.

83. The bottles being perfectly clean and dry, let the currants be cut from the large stalks with the smallest bit of stalk to each, that the fruit not being wounded, no moisture may be among them. It is necessary to gather them when the weather is quite dry; it is best to cut them under the trees, and let them drop gently into the bottles.

Stop up the bottles with cork and rosin, and put them into a trench in the garden with the neck downwards; stocks should be placed opposite to where each sort of fruit begins.

Cherries and Damsons keep in the same way.

Currants may be scalded, as directed hereafter for gooseberries.

To keep Gooseberries.

84. Before they become too large, let them be gathered, and take care not to cut them in taking off the stalks and buds. Fill wide-mouthed bottles; put the corks loosely in, and set the bottles up to the neck in water in a boiler. When the fruit looks scalded, take them out; and when perfectly cold, cork close, and rosin the top. Dig a trench in a part of the garden least used, sufficiently deep for all the bottles to stand, and let the earth be thrown over, to cover them a foot and a half. When a frost comes on, a little

fresh litter from the stable will prevent the ground from hardening so that the fruit cannot be dug up. Or, scald as above; when cold, fill the bottles with cold water, cork them, and keep them in a damp or dry place; they will not be spoiled.

China Orange Juice.—*A very useful thing to mix with water in Fevers, when the fresh Juice cannot be procured.*

85. Squeeze from the finest fruit a pint of juice strained through fine muslin, and gently simmer with three quarters of a pound of double-refined sugar twenty minutes; when cold put it in small bottles.

To keep Lemon Juice.

86. Buy the fruit when cheap, keep it in a cool place two or three days, if too unripe to squeeze easily; cut the peel off some, and roll them under your hand to make them part with the juice more readily; others you may leave unpaired for grating, when the pulp shall be taken out and dried. Squeeze the juice into a China basin; then strain it through some muslin, which will not permit the least pulp to pass. Have ready half and quarter ounce phials perfectly dry; fill them with the juice so near the top as only to admit half a tea-spoonful of sweet oil into each; or a little more, if for larger bottles. Cork the bottles, and set them upright in a cool place.

When you want lemon-juice, open such a

sized bottle as you shall use in two or three days, wind some clean cotton round a skewer, and dipping it in, the oil will be attracted; and when all shall be removed, the juice will be as fine as when first bottled. Hang the peels up till dry; keep them from the dust.

To preserve Fruit for Tarts, or Family-desserts.

87. Cherries, plums of all sorts, and American apples, gather when ripe, and lay them in small jars that will hold a pound; strew over each jar six ounces of good loaf-sugar pounded; cover with two bladders each, separately tied down; then set the jars on a large stewpan of water up to the neck, and let it boil three hours gently. Keep these and all other sorts of fruit free from damp.

To keep Damsons for Winter Pies.

88. Put them in small stone jars, or wide mouthed bottles; set them up to their necks in a boiler of cold water, and lighting a fire under, scald them. Next day, when perfectly cold, fill up with spring water; cover them.

89. *Another way.*—Boil one-third as much sugar as fruit with it, over a slow fire, till the juice adheres to the fruit, and forms a jam. Keep it in small jars in a dry place. If too sweet, mix with it some of the fruit that is done without sugar.

PART XIII.

SALADS, TOMATOES, AND PICKLES.

[SOYER, the celebrated French cook says : " What is more refreshing than salads when your appetite seems to have deserted you, or even after a capacious dinner—the nice, fresh, green, and crisp salad, full of life and health, which seems to invigorate the palate and dispose the masticating powers to a much longer duration." Experience has taught us to say that SOYER is right, and salads should be brought into more general use, viewing them at once as food and a purifier of the blood ; to that end we here insert some of the numerous herbaceous plants, which, with a few " fixins," nicely finishes up a dinner at small cost. Use a wooden spoon and fork.]

Salad Sauce.

1. Boil one egg hard, when cold remove the yolk, put it into a basin, bruise it to a pulp with a wooden spoon, do not use iron, then add a raw yolk and a tea-spoonful of flour, a small tea-spoonful of salt, and a quarter of pepper, then add half a spoonful of vinegar; stir it round, pour over a table-spoonful of oil by degrees, keep stirring, then a little more vinegar, two more of oil, until eight tea-spoonfuls of oil and three of vinegar are used; season with half a tea-spoonful of chopped onions, two of parsley, half of tarragon and chervil, a pinch of cayenne and six tea-spoonfuls of melted butter cold. The white of the egg may be chopped up and added. It will keep for some time if properly corked, and

may be used in proportion with any of the following salads: a gill of whipped cream is good in it.

Fish Salad.

2. For a small lobster salad, half fill a bowl with any kind of salad herb, endive, lettuce, &c. Then break a lobster in two, open the tail, extract the meat in one piece, break the claws, cut the meat of both in small slices, about a quarter of an inch thick, arrange these tastefully on the salad, take out all the soft part from the belly, mix it in a basin with a tea-spoonful of salt, half of pepper, four of vinegar, four of oil; stir it well together, and pour on the salad; then cover it with two hard eggs, cut in slices, a few slices of cucumbers, and, to vary, a few capers and some fillets of anchovy; stir lightly, and serve, or use salad sauce, No. 1.

If for dinner, ornament it with some flowers of the nasturtion and marigold.

3. *Another.*—Make a salad, and put some of the red part of the lobster to it, cut. This forms a pretty contrast to the white and green of the vegetables. Do not put much oil, as shell-fish absorb the sharpness of the vinegar. Serve in a dish, not a bowl.

Crab Salad.

4. The same as the lobster.

NOTE.—Remains of cold cod, fried soles, halibut, brill, turbot, sturgeon, cut as lobster, plaice, and all kinds of fresh water fish, may be used in the same way.

Coss Lettuce.

5. Take two large lettuces, remove the faded leaves and the coarse green ones, cut the green top off, pull each leaf off separate, cut it lengthways, and then in four or six pieces. This is better without washing. Having cut it all up, put it into a bowl; sprinkle over a small teaspoonful of salt, half one of pepper, three of oil, and two of vinegar; with the spoon and fork turn the salad lightly in the bowl till well mixed; the less it is handled the better; a tea-spoonful of chopped chervil and one of tarragon is a great improvement.

Cabbage Lettuce.

6. Proceed the same as above, pull off the outer leaves, take off the others one by one, and cut in two, put them in a pan with cold water, then drain them in a cloth, by shaking it to and fro, and extract all the water, put them into a bowl, and season and dress as above. To vary them, two hard boiled eggs, cut in quarters, may be added; a little eschalot, a few chives, or young onions. To improve the appearance of these salads, when on the table, the flower of the nasturtion may be intermixed with a little cut beet-root and slices of radish. Slices of cucumber may be also introduced.

Endive.

7. This ought to be nicely blanched and crisp, and is the most wholesome of all salads. Take two, cut away the root, remove the dark green

leaves, and pick off all the rest, wash and drain well, dress as before; a few chives is an improvement.

8. *Another, French Fashion.*—Put in one clove of garlic, or rub a piece of crust of bread slightly with it, or the salad-bowl, mix the salad in the bowl as before; if rubbed slightly on the bread mix it with it. If properly contrived, it gives a flavour which no one can detect. Tarragon or chervil may be used in these salads.

Marsh Mallow.

9. The roots of these should be removed, as likewise the faded leaves; dress as for lettuce, No. 5, eggs and beet-root may be introduced in this, being almost a winter salad. Dandelion or *dent-de-lion*, should not remain long in water, as they will get too bitter; dress them as endive. Water-cresses, the same, with a little cucumber and celery.

Mustard and Cress.

10. These, if eaten alone, make an excellent salad; they should be quickly washed and used, dressed as lettuce. A little tarragon or chervil, or a few chives, may be used.

Beet-root Salad, with Onions.

11. Boil four onions in the skin till tender, also a piece of beet-root; let both get cold; remove the skin, cut them in slices, put them in a plate, one slice on the edge of the other alternately;

put into a small basin half a tea-spoonful of salt, a quarter of pepper, one of good vinegar, three of oil, mix them well; pour over when ready to serve. Celery, young onions, and radishes may be used in salad with the above dressing, adding a tea-spoonful of mustard.

Haricot and Lentil Salad.

12. To a pint of well-boiled haricots, add a tea-spoonful of salt, quarter of pepper, one of chopped onions, two of vinegar, four of oil, two of chopped parsley, stir round, and it is ready: lentils are done the same way. A little cold meat cut in thin slices, may be added as a variety.

Green French Beans.

13. Cold boiled French beans put into a bowl make a very nice salad mixed with some chervil, tarragon, chopped chives, celery, &c., with the usual salad-sauce.

 Brussels Sprouts may be done the same way.

Potatoes.

14. If any cold potatoes remain, cut them into thin slices, and season as before. Haricots, cold meat, or a few chopped gherkins may be added.

Cucumbers.

15. Cut with onions, in thin slices, on a plate, with salt, pepper, oil, and vinegar, and serve.

French Salad.

16. Chop three anchovies, a shalot, and some parsley, small; put them into a bowl with two table-spoonfuls of vinegar, one of oil, a little mustard, and salt. When well mixed, add by degrees some cold roast or boiled meat in very thin slices; put in a few at a time, not exceeding two or three inches long. Shake them in the seasoning, and then put more; cover the bowl close, and let the salad be prepared three hours before it is to be eaten. Garnish with parsley, and a few slices of the fat.

Sidney Smith's Receipt for Salad.

Two large potatoes, passed through kitchen sieve,
Unwonted softness to the salad give;
Of mordant mustard add a single spoon—
Distrust the condiment which bites so soon;
But deem it not, thou man of herbs, a fault
To add a double quantity of salt;
Three times the spoon with oil of Lucca crown,
And once with vinegar, procured from town.
True flavor needs it, and your poet begs
The pounded yellow of two well-boiled eggs.
Let onion atoms lurk within the bowl,
And, scarce suspected, animate the whole;
And, lastly, on the flavoured compound toss
A magic tea-spoon of anchovy sauce.
Then, though green turtle fail, though venison's tought
And ham and turkeys are not boiled enough,
Serenely full the Epicure may say—
Fate cannot harm me—I have dined to-day!

[TOMATOES deservingly class among the most wholesome of vegetables, but are frequently spoiled by the manner in which they are prepared for table; it is very seldom they are sufficiently cooked, and they are more often served as a sour porridge than otherwise. They should always be well cooked, from one to three hours, according to the nature of the cooking, which, when thoroughly done, may be closely sealed in cans or bottles, and kept for years; or the pulp may be spread upon plates and dried in the sun or in a slow oven, it will keep as well as dried pumpkin, apples, peaches, &c., and will be equally acceptable in the winter time. For every-day use, as much as the family will consume in a week may be cooked at once, which can be eaten cold or warmed up.]

A Tomato Dinner.

17. The fruit should be cut in halves, and the seeds scraped out. The mucilage of the pulp may be saved, if desired, by straining out the seeds and adding it to the fruit, which should boil rapidly for an hour and simmer three hours more until the water is dissolved and the contents of the saucepan a pulp of mucilaginous matter, which is much improved by putting in the pan, either before putting in the fruit or while it is cooking, an ounce of butter and half a pound of fat bacon cut fine, to half a peck of tomatoes, and a small pepper-pod with salt to suit the taste. The fat adds a pleasant flavor, and makes the dish actual food instead of a mere relish. The pan must be carefully watched, and but little fire used, and the mass stirred often to prevent burning, towards the last, when the water is nearly all evaporated. The dish may be rendered still more attractive and rich as food by breaking in two or three eggs, and stirring vigorously just enough to allow the eggs to become well cooked.

Stuffed Tomatoes.

18. Scoop out the inside of a dozen large tomatoes, without spoiling their shape. Pass the inside through a sieve, and then mix it with grated bread, chopped sweet herbs, nutmeg, salt, and pepper. Stew well with a laurel leaf, or two peach leaves. Remove the leaves, and stuff the tomatoes with the mixture, tying a string round each to keep them in shape. Sprinkle them all over with rasped bread-crust. Set them in a buttered dish, and bake them in an oven. Take off the strings, and serve up the tomatoes. Egg plants may be cooked in the same manner.

Tomato Sweetbreads.

19. Cut up a quarter of a peck or more of fine ripe tomatoes; set them over the fire, and let them stew, with nothing but their own juice, till they go entirely to pieces; then press them through a sieve, to clear the liquid from the seeds and skins; have ready four or five sweetbreads that have been trimmed nicely, cleared from the gristle and laid open to soak in warm water; put them into a stewpan with the tomato-juice, seasoned with a little salt and Cayenne; add two or three tablespoonfuls of butter rolled in flour: set the saucepan over the fire, and stew the sweetbreads in the tomato-juice till they are thoroughly done; a few minutes before you take them off, stir in two beaten yolks of eggs. Serve up the sweetbreads in a deep dish, with the tomato poured over them

Scalloped Tomatoes.

20. Take fine large tomatoes, perfectly ripe; scald them to loosen the skins, and then peel them; cover the bottom of a deep dish thickly with grated bread-crumbs, adding a few bits of fresh butter; then put in a layer of tomatoes seasoned slightly with a little salt and Cayenne and some powdered mace or nutmeg; cover them with another layer of bread-crumbs and butter, then another layer of seasoned tomatoes, and proceed thus till the dish is full, finishing at the top with bread-crumbs; set the dish into a moderate oven, and bake it near three hours.

Stewed Tomatoes.

21. Slice the tomatoes into a tinned saucepan; season with pepper and salt, and place bits of butter over the top; put on the lid close, and stew twenty minutes. After this, stir them frequently, letting them stew till well done; a spoonful or two of vinegar is an improvement. This is excellent with roast beef or mutton.

Tomato Soup.

22. Put in five quarts of water a chicken, or a piece of any fresh meat, and six thin slices of bacon; let them boil for some time, skimming carefully, then throw in five or six dozen peeled tomatoes, let the water boil away to about one quart, take out the tomatoes, mash and strain them through a sieve; mix a piece of butter as large as a hen's egg with a table-spoonful of

flour, and add it to the tomatoes; season with salt and pepper; an onion or two is an improvement. Take the meat from the saucepan when done, and put back the tomatoes. Let them boil half an hour. Lay slices of toasted bread in the tureen and pour the soup on.

Fried Ham with Tomatoes.

23. Fry some slices of cold boiled ham. Then fry some tomatoes, allowing one to each slice of meat. Lay the tomatoes on the ham, shake a little pepper over them, and serve.

Tomato Preserves.

24. Take the round yellow variety as soon as ripe, scald and peel; then to seven pounds of tomatoes add seven pounds of white sugar, and let them stand over night; take the tomatoes out of the sugar, and boil the syrup, removing the scum; put in the tomatoes, and boil gently fifteen or twenty minutes; remove the fruit again, and boil until the syrup thickens. On cooling, put the fruit into jars, and pour the syrup over it, and add a few slices of lemon to each jar, and you will have something to please the taste of the most fastidious.

Tomato Sauce.

25. Take one dozen of ripe tomatoes, put them into a stone jar, stand them in a cool oven until quite tender. When cold, take the skins and stalks from them, mix the pulp in the liquor

which you will find in the jar, but do not strain it, add two tea-spoonfuls of the *best* powdered ginger, a dessert-spoonful of salt, a head of garlic chopped fine, two table-spoonfuls of vinegar, a dessert-spoonful of Chili vinegar or a little Cayenne pepper. Put into small-mouthed sauce bottles, sealed. Kept in a cool place, it will keep good for years. It is ready for use as soon as made, but the flavor is better after a week or two. Should it not appear to keep, turn it out, add more ginger; it may require more salt and Cayenne pepper. It is a long tried receipt—a great improvement to curry. The skins should be put into a wide mouthed bottle, with a little of the different ingredients, as they are useful for hashes or stews.

Tomato Catsup.

26. Take ripe tomatoes, and scald them just sufficient to allow you to take off the skin; then let them stand for a day, covered with salt; strain them thoroughly to remove the seeds; then to every two quarts, three ounces of cloves, two of black pepper, two nutmegs, and a very little Cayenne pepper, with a little salt; boil the liquor for half an hour, and then let it cool and settle; add a pint of the best cider vinegar, after which bottle it, corking and sealing it tightly. Keep it always in a cool place.

27. *Another way.*—Take one bushel of tomatoes, and boil them till they are soft; squeeze them through a fine wire sieve, and add half a

gallon of vinegar, one pint and a half of salt, two ounces of cloves, quarter of a pound of allspice, two ounces of Cayenne pepper, three teaspoonfuls of black pepper, five heads of garlic skinned and separated; mix together, and boil about three hours; or until reduced to about one-half; then bottle, without straining.

To pickle Tomatoes.

28. Always use those which are thoroughly ripe. The small round ones are decidedly the best. Do not prick them, as most receipt-books direct. Let them lie in strong brine three or four days, then put them down in layers in your jars, mixing with them small onions and pieces of horse-radish; then pour on the vinegar (cold), which should be first spiced as for peppers; let there be a spice-bag to throw into every pot. Cover them carefully, and set them by in the cellar for a full month before using.

To Cook Tomatoes as a Vegetable.

29. Cut as many tomatoes in half as will make a dish; put them into a baking dish, with a lump of butter and some pepper and salt. Bake them until soft, and then dish up hot.

[PICKLES should be kept closely covered; always use a wooden spoon, all mettle being improper. The large jars should be seldom opened; and small ones, for the different pickles in use, for common supply. Acids dissolve the lead that is in the tinnings of saucepans. When necessary to boil vinegar, do it in a stone jar on the hot hearth, or in an enamelled saucepan. Pickles should never be put into glazed jars, as salt and vinegar penetrate the glaze, which is poisonous.]

Cold Pickles.

30. Season some of the best vinegar with a little garlic, a little tarragon, and a little sweet oil. Put it into a glass jar, and keep it well covered. You may throw into it the green seeds of nasturtions, morella cherries, little onions, small young carrots when but a finger long, radish pods, and various other things. Keep the jar well closed, and the pickles will be as good and keep as long as if they had been boiled.

Nasturtions and cherries will keep in plain vinegar without any seasoning.

Indian Pickle.

31. Lay a pound of white ginger in water one night; then scrape, slice, and lay it in salt, in a pan till the other ingredients shall be ready.

Peel, slice, and salt a pound of garlic three days, then put it in the sun to dry. Salt and dry long pepper in the same way.

Prepare various sorts of vegetables thus:

Quarter small white cabbages, salt three days, squeeze, and set them in the sun to dry.

Cauliflowers cut in their branches; take off the green from radishes; cut celery in three-inch

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lengths; ditto young French beans whole, likewise the shoots of elder, which will look like bamboo. Apples and cucumbers, choose of the least seedy sort; cut them in slices, or quarters, if not too large. All must be salted, drained, and dried in the sun, except the latter; over which you must pour boiling vinegar, and in twelve hours drain them, but no salt must be used.

Put the spice, garlic, a quarter of a pound of mustard-seed, and as much vinegar as you think enough for the quantity you are to pickle into a large stone jar, and one ounce of turmeric, to be ready against the vegetables shall be dried. When they are ready, observe the following directions:—Put some of them into a stone jar, and pour over them one quart of boiling vinegar. Next day take out those vegetables; and when drained, put them into a large stock jar, and boiling the vinegar, pour it over some more of the vegetables; let them lie a night, and do as above. Thus proceed till you have cleansed each set from the dust which must inevitably fall on them by being so long in doing; then, to every gallon of vinegar put two ounces of flour of mustard, mixing by degrees, with a little of it boiling hot. The whole of the vinegar should have been previously scalded, but left to be cold before it was put to the spice. Stop the jar tight.

This pickle will not be ready for a year; but you may make a small jar for eating in a fort-

night, only by giving the cauliflower one scald in water, after salting and drying as above, but without the preparative vinegar; then pour the vinegar, that has the spice and garlic, boiling hot over. If at any time it be found that the vegetables have not swelled properly, boiling the pickle, and pouring it over them hot, will plump them.

Pickle Onions.

32. In the month of September, choose the small white round onions, take off the brown skin, have ready a very nice tin stewpan of boiling water, throw in as many onions as will cover the top; as soon as they look clear on the outside, take them up as quick as possible with a slice and lay them on a clean cloth; cover them close with another, and scald some more, and so on. Let them lie to be cold, then put them in a jar, or glass, or wide-mouth bottles, and pour over them the best white wine vinegar, just hot, but not boiling. When cold cover them. Should the outer skin shrivel, peel it off. They must look quite clear.

To pickle Cucumbers and Onions sliced.

33. Cut them in slices, and sprinkle salt over them, next day drain them for five or six hours; then put them into a stone jar, pour boiling vinegar over them, and keep them in a warm place. The slices should be thick. Repeat the boiling vinegar, and stop them up again instantly; and so on till green; the last time put pepper and ginger. Keep in small stone jars.

To pickle young Cucumbers.

34. Choose nice young gherkins, spread them on dishes, salt them, and let them lie a week—drain them, and, putting them in a jar, pour boiling vinegar over them. Set them near the fire, covered with plenty of vine-leaves; if they do not become a tolerable good green, pour the vinegar into another jar, set it over the hot hearth, and when it boils, pour it over them again, covering with fresh leaves; and thus do till they are of as good a color as you wish them. As it is now known that the very fine green pickles are made so by using brass or bell-metal vessels, which, when vinegar is put into them, become highly poisonous, few people like to eat them.

To pickle Walnuts.

35. Put them into a jar, cover them with the best vinegar cold, let them stand four months; then pour off the pickle and boil as much fresh vinegar as will cover the walnuts, adding to every three quarts of vinegar one quarter-pound of best mustard, a stick of horse-radish sliced, one half-ounce of black pepper, one half-ounce of cloves, one ounce of ginger, one half-ounce of allspice, and a good handful of salt—pour the whole, boiling hot, upon the walnuts, and cover them close; they will be fit for use in three or four months. You may add two ounces of garlic, or shallot, but not boiled in the vinegar.

 Of the pickle in which the walnuts stood for the first four months, you may make excellent ketchup.

An excellent way to pickle Mushrooms, to preserve the flavour.

36. Buttons must be rubbed with a bit of flannel and salt; and from the larger, take out the *red* inside. When they are black they will not do, being too old. Throw a little salt over, and put them into a stew-pan with some mace and pepper; as the liquor comes out shake them well, and keep them over a gentle fire till all of it be dried into them again; then put as much vinegar into the pan as will cover them, give it one warm, and turn all into a glass or stone jar. They will keep two years, and are delicious.

Mushroom Ketchup.

37. Take the largest broad mushrooms, break them into an earthen pan, strew salt over, and stir them now and then for three days. Then let them stand for twelve, till there is a thick scum over; strain, and boil the liquor with Jamaica and black peppers, mace, ginger, a clove or two, and some mustard-seed. When cold, bottle it, and tie a bladder over the cork; in three months boil it again with some fresh spice, and it will then keep a twelvemonth.

To pickle Red Cabbage.

38. Slice it into a cullender, and sprinkle each layer with salt; let it drain two days, then put it into a jar, and pour boiling vinegar enough to cover, and put a few slices of red beet-root. Observe to choose the purple red cabbage. Those

who like the flavour of spice boil it with the vinegar. Cauliflour cut in branches, and thrown in after being salted, will look of a beautiful red. Some persons prefer boiling the vinegar with the spice and throwing it on to the pickles, cabbage, or onions, when cold.

Lemon Pickle.

39. Wipe six lemons, cut each into eight pieces; put on them a pound of salt, six large cloves of garlic, two ounces of horse-radish sliced thin, likewise of cloves, mace, nutmeg, and Cayenne, a quarter of an ounce each, and two ounces of flour of mustard; to these put two quarts of vinegar. Boil a quarter of an hour in a well-tinned saucepan; or, which is better, do it in a strong jar, in a kettle of boiling water; or set the jar on the hot hearth till done. Set the jar by, and stir it daily for six weeks, keep the jar close covered. Put it into small bottles.

To keep Capers.

40. Add fresh vinegar that has been scalded, and become cold—and tie them close, to keep out the air, which makes them soft.

PART XIV.

ALE, BEER, WINES AND SUMMER DRINKS.

[To be successful in producing a "horn" of bright clean-tasted ale, or beer, it will be essential to see that the casks and bottles be perfectly prepared and cleansed to avoid any musty or other unpalatable flavour, and that the corks be of the best quality. During hot or thundery weather, if beer turns sour, a tea-spoonful of salt of wormwood put into the jug will rectify it. Let it be drawn just before it is drunk or it will be flat.]

Strong Beer or Ale.

1. Tweve bushels of malt to the hogshhead for beer, (or fourteen if you wish it of a very good body,) eight for ale; for either pour the whole quantity of water hot, but not boiling, on at once, and let it infuse three hours close covered; mash it in the first half-hour, and let it stand the remainder of the time. Run it on the hops previously infused in water; for strong beer three quarters of a pound to a bushel; if for ale, half a pound. Boil them with the wort two hours from the time it begins to boil. Cool a pailful to add three quarts of yeast to, which will prepare it for putting to the rest when ready next day; but if possible put together the same night. Tun as usual. Cover the bung-hole with paper when the beer has done working; and when it is to be stopped, have ready a pound and a half of hops dried before the fire, put them into the

bung-hole, and fasten it up. Let it stand twelve months in casks, and twelve months in bottles before it be drank. It will keep fine eight or ten years. It should be brewed the beginning of March.

DRINKS.

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The ale will be ready in three or four months; and if the vent-peg never be removed, it will have spirit and strength to the very last. Allow two gallons of water at first for waste.

After the beer or ale has run from the grains, pour a hogshead and a half for the twelve bushels, and a hogshead of water if eight were brewed; mash, and let stand, and then boil, &c. Use some of the hops for this table-beer that were boiled for the strong.

Excellent Table Beer.

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2. On three bushels of malt pour of hot water the third of the quantity you are to use, which is to be thirty-nine gallons. Cover it warm half an hour, then mash, and let it stand two hours, and a half more, then set it to drain. When dry, add half the remaining water, mash, and let it stand half an hour, run that into another tub, and pour the rest of the water on the malt, stir it well, and cover it, letting it infuse a full hour. Run that off, and mix all together. A pound and a half of hops should be infused in water, as in the former receipt, and be put into the tub for the first running.

Boil the hops with the wort an hour from the time it first boils. Strain off and cool. If the whole be not cool enough that day to add to the

yeast, a pail or two of wort may be prepared, and a quart of yeast put to it over night. Before tunning, all the wort should be added together, and thoroughly mixed with the lade-pail. When the wort ceases to work, put a bit of paper on the bung-hole for three days, when it may be safely fastened close. In three or four weeks the beer will be fit for drinking.

NOTE.—A cork should replace the tap when taken out of the empty barrel, and the vent-peg fastened in, as the admission of air will make it foul and musty.

To refine Beer, Ale, Wine, or Cider.

3. Put two ounces of isinglass shavings to soak in a quart of the liquor that you want to clear, beat it with a whisk every day till dissolved. Draw off a third part of the cask, and mix the above with it: likewise a quarter of an ounce of pearl-ashes, one ounce of salt of tartar calcined, and one ounce of burnt alum powdered. Stir it well, then return the liquor into the cask, and stir it with a clean stick. Stop it up, and in a few days it will be fine.

To preserve Yeast.

4. When you have plenty of yeast, begin to save it in the following manner: whisk it until it becomes thin, then take a new large wooden dish, wash it very nicely, and when quite dry, lay a layer of yeast over the inside with a soft brush; let it dry, then put another layer in the same manner, and so do until you have a sufficient quantity, observing that each coat dry

thoroughly before another be added. It may be put on two or three inches thick, and will keep several months; when to be used, cut a piece out; stir it in warm water.—If to be used for brewing, keep it by dipping large handfuls of birch tied together; and when dry repeat the dipping once. You may thus do as many as you please; but take care that no dust comes to them, or the vessel in which it has been prepared as before. When the wort is set to work, throw into it one of these bunches, and it will do as well as with fresh yeast; but if mixed with a small quantity first, and then added to the whole, it will work sooner.

[In this highly-favoured Canada, this adopted country of ours, where all kinds of food are abundant and cheap, but wines comparatively scarce and high-priced, from the following carefully selected receipts the want may be supplied at a trifling expense. If carefully made and kept, say three or four years, a proportionable strength being given, they would answer every purpose of foreign wines for health, culinary, or other domestic purposes.]

Raspberry or Currant Wine.

5. Put five quarts of currants, and a pint of raspberries, to every two gallons of water; let them soak a night; then squeeze and break them well. Next day rub them well on a fine wire sieve, till all the juice is obtained, washing the skins again with some of the water; then to every gallon put four pounds of very good moist sugar, tun it immediately, and lay the bung lightly on. Do not use any thing to work it. In

two or three days put a bottle of brandy to every four gallons; bung it close, but leave the peg out at top a few days; keep it three years, and it will be a very fine agreeable wine; four years would make it still better.

Raspberry Wine.

6. To every quart of well-picked raspberries put a quart of water; bruise and let them stand two days; strain off the liquor, and to every gallon put three pounds of lump-sugar; when dissolved put the liquor into a barrel, and when fine, which will be in about two months, bottle it, and to each bottle put a spoonful of brandy, or a glass of wine.

Raspberry Brandy.

7. Pick fine dry fruit, put into a stone jar, and the jar into a kettle of water, or on a hot hearth, till the juice will run; strain, and to every pint add half a pound of sugar, give one boil, and skim it; when cold put equal quantities of juice and brandy, shake and bottle. Some people prefer it stronger of brandy.

Black Currant Wine, very fine.

8. To every three quarts of juice, put the same of water unboiled; and to every three quarts of the liquor, add three pounds of pure moist sugar. Put it into a cask, preserving a little for filling up. Put the cask in a warm dry room, and the liquor will ferment of itself. Skim

off the refuse, when the fermentation shall be over, and fill up with the reserved liquor. When it has ceased working, pour three quarts of brandy to forty quarts of wine. Bung it close for nine months, then bottle it, and drain the thick part through a jelly-bag, until it be clear, and bottle that. Keep it ten or twelve months.

White Currant Shrub.

9. Strip the fruit, and prepare in a jar as for jelly; strain the juice, of which put two quarts to one gallon of rum, and two pounds of lump-sugar; strain through a jelly-bag.

Blackberry Wine.

10. Measure your berries and bruise them, to every gallon adding one quart of boiling water; let the mixture stand twenty-four hours, stirring occasionally; then strain off the liquor into a cask, and to every gallon adding two pounds of sugar; cork tight, let it stand till the following October.

NOTE.—We are told that from the above receipt, you will have wine ready for use, without any further straining or boiling, that will make lips smack as they never smacked, under similar influence, before.

Elder Wine.

11. To every quart of berries put two quarts of water, *boil* half an hour, run the liquor, and break the fruit through a hair-sieve; then to every quart of juice, put three quarters of a pound of sugar. Boil the whole a quarter of an

hour with some Jamaica peppers, ginger, and a few cloves. Pour it into a tub, and when of a proper warmth into the barrel, with toast and yeast to work, which there is more difficulty to make it do than most other liquors. When it ceases to hiss, put a quart of brandy to eight gallons, and stop up. Bottle in the spring or at Christmas. The liquor must be in a warm place, to make it work.

Excellent Ginger Wine.

12. Put into a very clean boiler ten gallons of water, fifteen pounds of lump-sugar, with the whites of six or eight eggs well beaten and strained; mix all well while cold; when the liquor boils skim it well; put in half a pound of common white ginger bruised, boil it twenty minutes. Have ready the very thin rinds of seven lemons, and pour the liquor on them; when cool tun it with two spoonfuls of yeast; put a quart of the liquor to two ounces of isinglass-shavings, while warm, *whisk* it well three or four times, and pour all together into the barrel. Next day stop it up; in three weeks bottle, and in three months it will be a delicious and refreshing liquor; and though very cool, perfectly safe.

Excellent Raisin Wine.

13. To every gallon of spring-water put eight pounds of fresh Smyrna raisins in a large tub; stir it thoroughly every day for a month; then press the raisins in a horse-hair bag as dry as

possible ; put the liquor into a cask ; and when it has done hissing, pour in a bottle of the best brandy or strong whiskey, stop it close for twelve months ; then rack it off, but without the dregs ; filter them through a bag of flannel of three or four folds ; add the clear to the quantity, and pour one or two quarts of brandy, according to the size of the vessel. Stop it up, and, at the end of three years, you may either bottle it, or drink it from the cask. Raisin wine would be extremely good, if made rich of the fruit and kept long, which improves the flavour greatly.

Sack Mead.

14. To every gallon of water put four pounds of honey, and boil it three quarters of an hour, taking care to skim it. To every gallon add an ounce of hops ; then boil it half an hour, and let it stand till next day : put it into your cask, and to thirteen gallons of the liquor add a quart of brandy. Let it be lightly stopped till the fermentation is over, and then stop it very close. If you make a large cask, keep it a year in cask.

Ratafia.

15. Blanch two ounces of peach and apricot kernels, bruise and put them into a bottle, and fill nearly up with brandy. Dissolve half a pound of white sugar-candy in a cup of cold water, and add to the brandy after it has stood a month on the kernels, and they are strained off ; then filter through paper, and bottle for use.

The leaves of peach and nectarines, when the trees are cut in the spring, being distilled, are an excellent substitute for ratafia in puddings.

A rich and pleasant Wine.

16. Take new cider from the press, mix it with as much honey as will support an egg, boil gently fifteen minutes, in an enamelled pot. Skim it well; when cool, let it be tunned, but don't quite fill. In March following, bottle it, and it will be fit to drink in six weeks; but will be less sweet if kept longer in the cask. You will have a rich strong wine, and it will keep well. This will serve for any culinary purposes which sack, or sweet wine, is directed for.

Honey is a fine ingredient to assist, and render palatable new crabbed austere cider.

An excellent Method of making Punch.

17. Take two large fresh lemons with rough skins, *quite ripe*, and some large lumps of double refined sugar. Rub the sugar over the lemons till it has absorbed all the yellow parts of the skins. Then put into the bowl these lumps, and as much more as the juice of the lemons may be supposed to require; according to taste. Then squeeze the lemon-juice upon the sugar; and with a bruiser press the sugar and the juice well together, for a great deal of the richness and fine flavour of the punch depends on this rubbing and mixing process being thoroughly performed. Then mix this up *well* with boiling water (soft

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water is best) till the water is rather cool. When this mixture (called the sherbet) is to your taste, take brandy and rum in equal quantities, and put them to it, mixing the whole *well* together again. The quantity of liquor must be according to your taste: two good lemons are generally enough to make four quarts of punch, including a quart of liquor, with half a pound of sugar; but this depends much on the taste, and on the strength of the spirit.

As the pulp is disagreeable to some persons, the sherbet may be strained before the liquor is put in. Some strain the lemon before they put it to the sugar, which is improper; as, when the pulp and sugar are well mixed together, it adds much to the richness of the punch.

When only rum is used, about half a pint of porter will soften the punch: and even when both rum and brandy are used, the porter gives a richness, and to some a very pleasant flavour.

NOTE. This receipt has been greatly admired by connoisseurs. It is impossible to take too much pains in the process of *mixing*, and in minding to do them *well*, that all the different articles may be most thoroughly incorporated.

18. *Another*.—Take three large lemons, and roll them very hard on the table to make them more juicy; then pare them as thin as possible. Cut out the pulp and throw away the seeds and the white part of the rind. Put the yellow rind and the pulp into a pint of boiling water; set it on the fire, and let it boil two or three minutes. Take it off, and throw in a tea-spoonful of raw

green tea of the best sort, and let it infuse about five minutes. Then strain it through linen. Stir into it three quarters of a pound of loaf-sugar, and a pint of brandy, or any other suitable liquor. Set it again over the fire, and when it is just ready to boil, remove it, and pour it into a china punch-bowl.

[For the benefit of the poorer class of persons, we give the following tried receipts, which will be found less injurious in their effects than others of a more potent and exciting character, though quite as palatable.]

Vin de Pommes: or, Apple Wine.

19. Boil a gallon of water, in it cut up one pound of apples into quarters, and boil them till they can be pulped, pass the liquor through a cullender, boil it up again with half a pound of brown sugar, scum, and bottle for use. Take care not to cork the bottle; keep in cool place. The apple may be eaten with sugar and a scrape of nutmeg; or as sauce for roast pork or goose.

20. *Another way.*— Bake the apples, then put them into a gallon pan, add the sugar, and pour boiling water over, let it get cold, pass the liquor as above, and bottle for use.

For Spring Drink.

21. Rhubarb, in the same quantities, and done in the same way as apples, adding more sugar, makes a nice cooling drink.

Also green gooseberries, similarly prepared.

Lemonade.

22. Cut in very thin slices three lemons, put them in a basin, add half a pound of sugar, either white or brown; bruise all together well, add a gallon of cold water, and stir. It is then ready.

For Summer Drink.

23. One pound of red currants, bruised with some raspberry; half a pound of sugar added to a gallon of cold water, well stirred, allowed to settle, and bottled. Mulberries may be done the same way, adding a little lemon peel.

 A little cream of tartar, or citric acid, added to these, render them more cooling in the spring and summer.

A very agreeable Drink.

24. Into a tumbler of fresh cold water pour a table-spoonful of capillaire, and the same of good vinegar. Tamarinds, currants, fresh or in jelly, or scalded currants, or cranberries, make excellent drinks; with a little sugar or not, as may be agreeable.

A most pleasant Drink.

25. Put a tea-cupful of cranberries into a cup of water and mash them. In the meantime boil two quarts of water with one large spoonful of oatmeal and a bit of lemon-peel; then add the cranberries, and as much fine sugar as shall leave a smart flavour of the fruit; and a quarter of a pint of sherry, or less, as may be proper; boil all for half an hour, and strain off.

Lemonade to be made the day before wanted.

26. Pare two dozen of tolerably-sized lemons as thin as possible, put eight of the rinds into three quarts of hot not boiling water, and cover it over for three or four hours. Rub some fine sugar on the lemons to attract the essence, and put it into a china-bowl, into which squeeze the juice of the lemons. To it add one pound and a half of fine sugar, then put the water to the above, and three quarts of milk made boiling hot; mix, and pour through a jelly-bag till perfectly clear.

Lemonade that has the flavour and appearance of Jelly.

27. Pare two Seville oranges and six lemons as thin as possible, and steep them four hours in a quart of hot water. Boil a pound and a quarter of loaf-sugar in three pints of water, and skim it. Add the two liquors to the juice of six China oranges, and twelve lemons; stir the whole well, and run it through a jelly-bag till clear. Then add a little orange-water, if you like the flavour, and, if wanted, more sugar. It will keep well if corked.

Ginger Beer.

28. The following is a very good way to make it: Take of ginger, bruised or sliced, one and a half ounce; cream of tartar, one ounce; loaf sugar, one pound; one lemon sliced; put them into a pan, and pour six quarts of boiling water

upon them. When nearly cold, put in a little yeast, with the white of one egg mixed in it, and stir it for about a minute. Let it stand till next day, then strain and bottle it. It is fit to drink in three days, but will not keep good longer than a fortnight. The corks should be tied down, and the bottles placed upright in a cool place.

Raspberry Vinegar.

29. Put a pound of fruit into a bowl, and pour upon it a quart of the best vinegar; next day strain the liquor on a pound of fresh raspberries; and the following day do the same, but do not squeeze the fruit, only drain the liquor as dry as you can from it. The last time pass it through a canvass previously wet with vinegar to prevent waste. Put it into a stone jar, with a pound of sugar to every pint of juice, broken into large lumps; stir it when melted, then put the jar into a saucepan of water, or on a hot hearth, let it simmer, and skim it. When cold, bottle it.

This is one of the most useful preparations that can be kept in a house, not only as affording the most refreshing beverage, but being of singular efficacy in complaints of the chest. A large spoonful or two in a tumbler of water will give you a nice cooling drink. Be careful to use no glazed nor metal vessel for it. The fruit with an equal quantity of sugar, makes excellent *Raspberry Cakes* without boiling.

PART XV.

COOKERY FOR THE SICK, COFFEE, &c.

[To assist in the speedy recovery of sick persons and convalescents, or those whose system have become reduced from general debility, it has been thought advisable to devote a few pages to receipts for such preparations as will afford nourishment, with delicacy of flavour, which is necessary to persons with lost appetites. It may not be out of place to remind those who have care of the sick, that it is beneficial to furnish the patient with a change of diet occasionally, and to always have one kind ready for use. These should succeed each other, varied in form and flavour.]

Extract of Malt, for Coughs.

1. Over half a bushel of pale ground malt pour as much hot, not boiling water, as will just cover it. In forty-eight hours drain off the liquor entirely, but without squeezing the grains; put the former into a large sweetmeat-pan, or saucepan, that there may be room to boil as quick as possible, without boiling over; when it begins to thicken stir constantly. It must be as thick as treacle. A dessert-spoon thrice a-day.

A very strengthening Broth.

2. Boil two pounds of loin of mutton, with a very large handful of chervil, in two quarts of water to one. Take off part of the fat. Any other herb or roots may be added. Take half a pint three or four times a day.

A clear Broth that will keep long.

3. Put the mouse round of beef, a knuckle bone of veal, and a few shanks of mutton, into a deep pan, and cover close with a dish or coarse crust; bake till the beef is done enough for eating with only as much water as will cover. When cold, cover it close in a cool place. When to be used, give what flavour may be approved.

A quick made Broth.

4. Take a bone or two of a neck or loin of mutton, take off the fat and skin, set it on the fire in a small tin saucepan that has a cover, with three quarters of a pint of water, the meat being first beaten, and cut in thin bits; put a bit of thyme and parsley, and, if approved, a slice of onion. Let it boil very quick, skim it nicely; take off the cover, if likely to be too weak.

Half an hour is sufficient for the whole process.

A very nourishing Veal Broth.

5. Put the knuckle of a leg or shoulder of veal, with very little meat to it, an old fowl, and four shank-bones of mutton well soaked and bruised, three blades of mace, ten pepper-corns, an onion, and a large bit of bread, and three quarts of water, into a stew-pot that covers close, and simmer in the slowest manner after it has boiled up, and been skimmed; strain, and take off the fat. Salt to palate. It will require four hours.

Broth of Beef, Mutton and Veal.

6. See Broths, page 35.

Calves'-feet Broth.

7. Boil two feet in three quarts of water, to half; strain and set it by; when to be used, take off the fat, put a large tea-cupful of the jelly into a sauce-pan, with half a glass of sweet wine, a little sugar and nutmeg, and heat it up till it be ready to boil, then take a little of it, and beat by degrees to the yolk of an egg, and adding a bit of butter, the size of a nutmeg, stir it all together, but don't let it boil. Grate a bit of fresh lemon-peel into it.

8. *Another.* Boil two calves' feet, two ounces of veal, and two of beef, the bottom of a penny-loaf, two or three blades of mace, half a nutmeg sliced, and a little salt, in three quarts of water, to three pints; strain, and take off the fat.

Chicken Broth.

9. Put the body and legs of the fowl that chicken panada was made of, as in page 334, after taking off the skin and rump, into the water it was boiled in, with one blade of mace, one slice of onion, and ten white pepper-corns. Simmer till the broth be of a pleasant flavour. If not water enough, add a little. Beat a quarter of an ounce of sweet almonds with a tea-spoonful of water fine, boil it in the broth, strain, and when cold, remove the fat.

See also, No. 47, page 35.

Eel Broth.

10. See No. 48, page 35. It should make three half pints of broth.

Tench Broth.

11. Make as eel broth above. They are both very nutritious, and light of digestion.

Beef Tea.

12. See No. 39, page 36.

Dr. Ratchiff's restorative Pork Jelly.

13. Take a leg of well-fed pork, just as cut up, beat it, and break the bone. Set it over a gentle fire, with three gallons of water, and simmer to one. Let half an ounce of mace, and the same of nutmegs, stew in it. Strain through a fine sieve. When cold, take off the fat. Give a tea-cupful morning, noon, and night, putting salt to taste.

Arrow-root Jelly.

14. Of this beware of having the wrong sort, for it has been counterfeited with bad effect. If genuine, it is very nourishing for weak bowels. Put into a saucepan half a pint of water, a glass of sherry, grated nutmeg, and fine sugar; boil once up, then mix it by degrees into a dessert-spoonful of arrow-root, previously rubbed smooth, with two spoonfuls of cold water; then turn the whole into the saucepan; stir and boil it three minutes.

Shank Jelly.

15. Soak twelve shanks of mutton four hours, then brush and scour them very clean. Lay them in a saucepan with three blades of mace, an onion, twenty Jamaica, and thirty or forty

black peppers, a bunch of sweet herbs, and a crust of bread made very brown by toasting. Pour three quarts of water to them, and set them on a hot hearth close covered ; let them simmer as gently as possible for five hours, then strain it off, and put it in a cold place.

This may have the addition of a pound of beef, if approved, for flavour. It is a remarkably good thing for people who are weak.

Tapioca Jelly.

16. Choose the largest sort, pour cold water on to wash it two or three times, then soak it in fresh water five or six hours, and simmer it in the same until it becomes quite clear ; then put lemon-juice, wine, and sugar. The peel should have been boiled in it. It thickens very much.

Panada, made in five minutes.

17. Set a little water on the fire with a glass of white wine, some sugar, and a scrape of nutmeg and lemon peel ; meanwhile grate some crumbs of bread. The moment the mixture boils up, keeping it still on the fire, put the crumbs in, and let it boil as fast as it can. When of a proper thickness just to drink, take it off.

Chicken Panada.

18. Boil it till about three parts ready, in a quart of water, take off the skin, cut the white meat off when cold, and put into a marble mortar ; pound it to a paste with a little of the water

it was boiled in, season with a little salt, a grate of nutmeg, and the least bit of lemon-peel. Boil gently for a few minutes to the consistency you like; it should be such as you can drink, though tolerably thick. This conveys great nourishment.

Sippets, when the Stomach will not receive Meat.

19. On a very hot plate put two or three sippets of bread, and pour over them some gravy from beef, mutton, or veal, if there is no butter in the dish. Sprinkle a little salt over.

Eggs.

20. An egg broken into a cup of tea, or beaten and mixed with a basin of milk, makes a breakfast more supporting than tea only.

An egg divided, and the yolk and white beaten separately, then mixed with a glass of wine, will afford two very wholesome draughts, and prove lighter than when taken together.

Eggs very little boiled, or poached, taken in small quantity, convey much nourishment; the yolk, only, when dressed, should be eaten by invalids.

A great Restorative.

21. Bake two calves' feet in two pints of water and the same quantity of new milk, in a jar, close covered, three hours and a half. When cold, remove the fat. Give a large tea-cupful morning and evening. Bake in it lemon-peel, cinnamon, or mace, for flavouring. Add sugar.

22. *Another.*—Simmer six sheep's trotters, two blades of mace, a little cinnamon, lemon-peel, a few hartshorn-shavings and a little isinglass, in two quarts of water to one; when cold, take off the fat, and give near half a pint twice a day, warming with it a little new milk.

23. *Another.*—Boil one ounce of isinglass-shavings, forty Jamaica peppers, and a bit of brown crust of bread, in a quart of water to a pint, and strain it. This makes a pleasant jelly to keep in the house; of which a large spoonful may be taken in wine and water, milk, tea, soup, &c.

Flummery, Blanc-mange, and Jellies.

24. See pages 270, 272, and 279, or less rich, according to judgment.

Caudle.

25. Make a fine smooth gruel of half-grits; strain it when boiled well, stir it at times till cold. When to be used, add sugar, wine, and lemon-peel, with nutmeg. Some like a spoonful of brandy besides the wine; others like lemon-juice.

26. *Another.*—Into a pint of fine gruel, not thick, put, when it is boiling hot, the yolk of an egg beaten with sugar, and mixed with a large spoonful of cold water, a glass of wine, and nutmeg. Mix by degrees. It is very agreeable and nourishing. Some like gruel with a glass of table-beer, sugar, &c., with or without a tea-spoonful of brandy.

Cold Caudle.

27. Boil a quart of spring-water ; when cold add the yolk of an egg, the juice of a small lemon, six spoonfuls of sweet wine, sugar to your taste, and syrup of lemons one ounce.

A Flour Caudle.

28. Into five large spoonfuls of the purest water rub smooth one dessert-spoonful of fine flour. Set over the fire five spoonfuls of new milk, and put two bits of sugar into it ; the moment it boils, pour into it the flour and water ; and stir it over a slow fire twenty minutes. It is a nourishing and gently astringent food. This is an excellent food for babies who have weak bowels.

Rice Caudle.

29. When the water boils, pour into it some grated rice mixed with a little cold water ; when of a proper consistence, add sugar, lemon-peel and cinnamon, and a glass of brandy to a quart. Boil all smooth.

Milk Porridge.

30. Make a fine gruel of half-grits, long boiled ; strain off ; either add cold milk, or warm with milk, as may be approved. Serve with toast.

French Milk Porridge.

31. Stir some oatmeal and water together ; let it stand to be clear, and pour off the latter ; pour fresh upon it, stir it well, let it stand till

next day ; strain through a fine sieve, and boil the water, adding milk while doing. The proportion of water must be small. This is much ordered, with toast, for the breakfast of weak persons.

Ground-rice Milk.

32. Boil one spoonful of ground-rice rubbed down smooth, with three half pints of milk, a bit of cinnamon, lemon-peel, and nutmeg. Sweeten when nearly done.

Sago.

33. To prevent the earthy taste, soak it in cold water an hour ; pour that off, and wash it well, then add more, and simmer gently till the berries are clear, with lemon-peel and spice, if approved. Add wine and sugar, and boil all up together.

Sago Milk.

34. Cleanse as above, and boil it slowly and wholly with new milk. It swells so much, that a small quantity will be sufficient for a quart, and when done it will be diminished to about a pint. It requires no sugar or flavouring.

Asses' Milk

35. Far surpasses any imitation of it that can be made. It should be milked into a glass that is kept warm, by being in a basin of hot water.

The fixed air that it contains gives some people a pain in the stomach. At first, a tea-spoonful of rum may be taken with it, but should only be put in the moment it is to be swallowed.

Artificial Asses' Milk.

36. Boil together a quart of water, a quart of new milk, an ounce of white sugar-candy, half an ounce of eringo-root, and half an ounce of conserve of roses, till half be wasted.

This is astringent; therefore proportion the doses to the effect, and the quantity to what will be used while sweet.

37. *Another.*—Mix two spoonfuls of boiling water, two of milk, and an egg well beaten; sweeten with pounded white sugar-candy. This may be taken twice or thrice a day.

A refreshing Drink in a Fever.

38. Put a little tea-sage, two sprigs of balm, and a little wood-sorrel, into a stone jug, having first washed and dried them; peel thin a small lemon, and clear from the white; slice it, and put a bit of the peel in; then pour in three pints of boiling water, sweeten and cover it close.

39. *Another Drink.*—Wash extremely well an ounce of pearl-barley; shift it twice, then put to it three pints of water, an ounce of sweet almonds beaten fine, and a bit of lemon-peel; boil till you have a smooth liquor, then put in a little syrup of lemons and capillaire.

Apple Toast and Water.

40. See page 126, No. 20. A piece of bread slowly toasted till it gets quite black, and added, makes a very nice and refreshing drink for invalids.

Apple Barley Water.

41. A quarter of a pound of pearl-barley, instead of toast, added to the former, and boil for one hour, is also a very nice drink.

Water Gruel.

42. Put a large spoonful of oatmeal by degrees into a pint of water, and when smooth boil it.

43. *Another way.*—Rub smooth a large spoonful of oatmeal with two of water, and pour it into a pint of water boiling on the fire; stir it well, and boil it quick; but take care it does not boil over. In a quarter of an hour strain it off; add salt and a bit of butter when eaten. Stir until the butter be incorporated.

Barley Gruel.

44. Wash four ounces of pearl-barley, boil it in two quarts of water and a stick of cinnamon, till reduced to a quart; strain and return it into the saucepan with sugar, and three quarters of a pint of port wine. Heap up and use as wanted.

A very agreeable Drink.

45. See No. 24, page 327.

Soft and fine Draught for those who are weak and have a Cough.

46. Beat a fresh-laid egg, and mix it with a quarter of a pint of new milk warmed, a large spoonful of capillaire, the same of rose-water, and a little nutmeg scraped. Don't warm it after the egg is put in. Take it the first and last thing.

To mull Wine.

47. Boil some spice in a little water till the flavour is gained, then add an equal quantity of port, some sugar and nutmeg; boil together, and serve with toast. Or it may be made of good British wine.

A most pleasant Drink.

48. See No. 25, page 327.

Toast and Water.

49. Toast slowly a thin piece of bread till extremely brown and hard, but not the least black; then plunge it into a jug of cold water, and cover it over an hour before used. This is of particular use to weak bowels. It should be of a fine brown colour before drinking.

Apple Rice Water.

50. Half a pound of rice, boiled with apples until in pulp, passed through a cullender, and drunk when cold. All kinds of fruits may be done the same way. Figs and French plums are excellent; also raisins. A little ginger, if approved of, may be used.

Barley Water.

51. Wash a handful of common barley, then simmer it gently in three pints of water with a bit of lemon-peel. This is less apt to nauseate than pearl-barley; but the other is a very pleasant drink.

52. *Another way.*—Boil an ounce of pearl-barley a few minutes to cleanse, then put on it a quart of water, simmer an hour; when half done, put into it a bit of fresh lemon-peel, and one bit of sugar. If likely to be too thick, you may put another quarter of a pint of water. Lemon-juice may be added, if chosen.

Lemon-water, a delightful Drink.

53. Put two slices of lemon thinly pared into a teapot, a little bit of the peel, and a bit of sugar, or a large spoonful of capillaire; pour in a pint of boiling water, and stop it close two hours.

Apple Water.

54. See page 326, No. 19. Or, cut two large apples in slices, and pour a quart of boiling water on them; or on roasted apples; strain in two or three hours, and sweeten lightly.

Raspberry Vinegar Water.

55. See page 329. This is one of the most delightful drinks that can be made.

Whey.

56. That of cheese is a very wholesome drink especially when the cows are in fresh herbage.

White-wine Whey.

57. Put half a pint of new milk on the fire; the moment it boils up, pour in as much sound raisin wine as will completely turn it, and it looks clear; let it boil up, then set the saucepan

aside till the curd subsides, and do not stir it. Pour the whey off, and add to it half a pint of boiling water, and a bit of white sugar. Thus you will have a whey perfectly cleared of milky particles, and as weak as you choose to make it.

Butter-milk, with Bread or without.

58. It is most wholesome when sour, as being less likely to be heavy ; but most agreeable when made of sweet cream.

Dr. Boerhaave's sweet Butter-milk.

59. Take the milk from the cow and put into a small churn ; in ten minutes begin churning, and continue till the flakes of butter swim about pretty thick, and the milk is discharged of all the greasy particles, and appears thin and blue. Strain it through a sieve, and drink it as frequently as possible. It should form the whole of the patient's drink, and the food should be biscuits and rusks, in every way and sort ; ripe and dried fruits, of various kinds, when a decline is apprehended. Baked and dried fruits, raisins in particular, make excellent suppers for invalids, with biscuits, or common cake.

Orgeat.

60. Beat two ounces of almonds with a teaspoonful of orange-flower water, and a bitter almond or two ; then pour a quart of milk and water to the paste. Sweeten with sugar, or capillaire. This is a fine drink for those who

have a tender chest; and in the gout it is highly useful, and, with the addition of half an ounce of gum-arabic, has been found to allay the painfulness of the attendant heat. Half a glass of brandy may be added if thought too cooling in the latter complaints, and the glass of orgeat may be put into a basin of warm water.

Egg Wine.

61. Beat an egg, mix with it a spoonful of cold water; set on the fire a glass of white wine, half a glass of water, sugar, and nutmeg. When it boils, pour a little of it to the egg by degrees till the whole be in, stirring it well; then return the whole into the saucepan, put it on a gentle fire, stir it one way for not more than a minute; for if it boil, or the egg be stale, it will curdle. Serve with toast.

NOTE.—Egg wine may be made as above, without warming the egg, and it is then lighter on the stomach, though not so pleasant to the taste.

[HAVING now paid attention to the necessary requirements of the sick, which we hope will be attended with the full restoration of health to the patient, it will not be out of place to insert the annexed receipts, which will be found acceptable by the attendant nurse, with the adjunct of a light bun, cracknel, &c., as being highly refreshing.]

To make Coffee.

62. Put two ounces of fresh-ground coffee, of the best quality, into a coffee-pot, and pour eight coffee-cups of boiling water on it; let it boil six minutes, pour out a cupful two or three times,

and return it again; then put two or three isinglass-chips into it, and pour one large spoonful of boiling water on it; boil it five minutes more, and set the pot by the fire to keep hot for ten minutes, and you will have coffee of a beautiful clearness.

Fine cream should always be served with coffee and either pounded sugar-candy, or fine sugar.

If for foreigners, or those who like it extremely strong, make only eight dishes from three ounces. If not fresh roasted, lay it before a fire until perfectly hot and dry; or, you may put the smallest bit of fresh butter into a preserving-pan of a small size, and, when hot, throw the coffee in it, and toss it about until it be freshened, letting it be cold before ground.

Simplified mode of making Coffee.

63. Put one ounce of ground coffee in a pan, which place over the fire; keep stirring it until quite hot, but take care it does not burn; then pour over quickly a quart of boiling water, close it immediately, keep it not far from the fire, but not to simmer; then fill your cup without shaking it; or pass it through a cloth into a coffee-pot, or it may be made some time previous, and warmed again. The grounds can be kept, and boiled for making the coffee of the next day, by which at least a quarter of an ounce is saved. In country places, where milk is good and cheap, half boiled milk should be used with the coffee. Warming coffee will economise full ten per cent.

Coffee Milk.

64. Boil a dessert-spoonful of ground coffee in nearly a pint of milk, a quarter of an hour; then put into it a shaving or two of isinglass, and clear it; let it boil a few minutes, and set it on the side of the fire till fine.

This is very good for breakfast; it should be sweetened with sugar of a good quality.

Chocolate.

65. Those who use much of this article will find the following mode of preparing it both useful and economical:

Cut a cake of chocolate in very small bits; put a pint of water into the pot, and, when it boils, put in the above; mill it off the fire until quite melted, then put it on a gentle fire till it boils; pour it into a basin, and it will keep in a cool place eight or ten days, or more. When wanted put a spoonful or two into milk, boil it with sugar, and mix it well.

This, if not made thick, is a very good breakfast or supper.

Patent Cocoa

66. Is light, wholesome, and is esteemed by many as superior to tea or coffee, for breakfast.

PART XVI.

THE DAIRY, POULTRY, &c.

[Cows should be carefully treated; if their teats are sore, they should be soaked in warm water twice a day, and dressed with soft ointment, or washed with spirit and water. The milk should be given to the pigs. When the milk is brought into the dairy, it should be strained and emptied into clean pans immediately in winter, but not till cool in summer. White ware is preferable, as the red is porous, and cannot be so thoroughly scalded. All the utensils, shelves, dressers, and the floor, should be kept in perfect cleanliness, and cold water thrown over every part very often. There should be shutters to keep out the sun and the hot air. Meat hung in a dairy will spoil milk. The cows should be milked at a regular and early hour, and the udders emptied, or the quantity will decrease. A change of pasture will tend to increase the milk. Feed the cows well two or three weeks before they calve, which makes the quantity of milk more abundant after.]

To prepare Rennet to turn the Milk.

1. Take out the stomach of a calf as soon as killed, and scour it inside and out with salt, after it is cleared of the curd always found in it. Let it drain a few hours; then sew it up with two good handfuls of salt in it, or stretch it well salted on a stick; or keep it in the salt wet, and when wanted soak it a little in fresh water, and repeated the same when again required.

To make Cheese.

2. Put the milk into a large tub, warming a part till it is of a degree of heat quite equal to new; if too hot the cheese will be tough. Put

in as much rennet as will turn it, and cover it over. Let it stand till completely turned; then strike the curd down several times with the skimming-dish, and let it separate, still covering it. There are two modes of breaking the curd; and there will be a difference in the taste of the cheese, according as either is observed; one is, to gather it with the hands very gently towards the side of the tub, letting the whey pass through the fingers till it is cleared, and ladling it off as it collects. The other is, to get the whey from it by early breaking the curd; the last method deprives it of many of its oily particles, and is therefore less proper.

Put the vat on a ladder over the tub, and fill it with curd by the skimmer; press the curd close with your hand, and add more as it sinks; and it must be finally left two inches above the edge. Before the vat is filled, the cheese-cloth must be laid at the bottom: and when full, draw smooth over on all sides.

There are two modes of salting cheese: one by mixing it in the curd while in the tub after the whey is out; and the other by putting it into the vat and crumbling the curd all to pieces with it, after the first squeezing with the hands has dried it. The first method appears best on some accounts, but not on all; and therefore the custom of the country must direct. Put a board under and over the vat, and place it in the press; in two hours turn it out and put a fresh cheese-cloth; press it again for eight or ten hours; then salt it all over, and turn it again in the vat,

and let it stand in the press fourteen or sixteen hours, observing to put the cheese last made undermost. Before putting them the last time into the vat, pare the edges if they do not look smooth. The vat should have holes at the sides and at bottom, to let all the whey pass through. Put on clean boards, and change and scald them.

To preserve Cheese sound.

3. Wash in warm whey, when you have any, and wipe it once a month, and keep it on a rack. If you want to ripen it, a damp cellar will bring it forward. When a whole cheese is cut, the larger quantity should be spread with butter inside, and the outside wiped to preserve it. To keep those in daily use, moist, let a clean cloth be wrung out from cold water, and wrapt round them when carried from the table. Dry cheese may be used to advantage to grate for serving with macaroni, or eating without. These observations are made with a view to make the above articles less expensive, as in most families where much is used there is waste.

Cream Cheese.

4. Put five quarts of strippings, that is, the last of the milk into a pan, with two spoonfuls of rennet. When the curd is come, strike it down two or three times with the skimming-dish just to break it. Let it stand two hours, then spread a cheese-cloth on a sieve, put the curd on it, and let the whey drain; break the curd a little with

your hand, and put it into a vat with a two-pound weight upon it. Let it stand twelve hours, take it out, and bind a fillet round. Turn every day till dry, from one board to another; cover them with nettles, or clean dock-leaves, and put between two pewter-plates to ripen. If the weather be warm, it will ready in three weeks.

5. *Another sort.*—Put as much salt to three pints of raw cream as shall season it; stir it well, and pour it into a sieve in which you have folded a cheese-cloth three or four times, and laid at the bottom. When it hardens, cover it with nettles on a pewter-plate.

To a quart of fresh cream put a pint of new milk warm enough to make the cream a proper warmth, a bit of sugar, and a little rennet.

Set near the fire till the curd comes; fill a vat made in the form of a brick, of wheat-straw, or rushes sewed together. Have ready a square of straw, or rushes sewed flat, to rest the vat on, and another to cover it; the vat being open at top and bottom. Next day take it out, and change it as above, to ripen. A half pound weight will be sufficient to put on it.

To scald Cream, as in the West of England.

6. In winter let the milk stand twenty-four hours, in the summer twelve at least: then put the milk-pan on the stove. It must remain on the fire till quite hot, but on no account boil, or there will be a skin instead of a cream upon the milk. You will know when done enough, by

the undulations on the surface looking thick, and having a ring round the pan the size of the bottom. The time required to scald cream depends on the size of the pan, and the heat of the fire; the slower the better. Remove the pan into the dairy when done, and skim it next day. In cold weather it may stand thirty-six hours. The butter is usually made in Devonshire of cream thus prepared, and if properly done is very firm.

Butter-milk,

7. If made of sweet cream, is a delicious and most wholesome food. Those who can relish sour butter-milk, find it still more light; and it is reckoned more beneficial in consumptive cases. Butter-milk, if not very sour, is also as good as cream to eat with fruit, if sweetened with white sugar, and mixed with a very little milk. It likewise does equally well for cakes and rice-puddings.

To keep Milk and Cream.

8. In hot weather, when it is difficult to preserve milk from becoming sour, and spoiling the cream, it may be kept perfectly sweet by scalding the new milk very gently, without boiling, and setting it by in the earthen dish, or pan, that it is done in. This method is pursued in Devonshire, and for butter, and eating, would equally answer in small quantities for coffee, tea, &c. Cream already skimmed may be kept twenty-four hours if scalded without sugar; and, by adding

to it as much powdered lump-sugar as shall make it pretty sweet, will be good two days, keeping it in a cool place.

[THERE is no one article of family consumption more in use, of greater variety in goodness, or that is of more consequence to have of a superior quality, than butter, and the economising of which is more necessary. The sweetness of butter is not affected by the cream being turned, of which it is made. When cows are in turnips, or eat cabbages, the taste is very disagreeable; and the following ways have been tried with advantage to obviate it: When the milk is strained into the pans, put to every six gallons one gallon of boiling water. Or dissolve one ounce of nitre in a pint of spring-water, and put a quarter of a pint to every fifteen gallons of milk. Or, when you churn, keep back a quarter of a pint of the sour cream, and put it into a well scalded pot, into which you are to gather the next cream; stir that well, and do so with every fresh addition.]

To make Butter.

9. During summer, skim the milk when the sun has not heated the dairy; at that season it should stand for butter twenty-four hours without skimming, and forty-eight in winter. Deposit the cream-pot in a very cold cellar, if your dairy is not more so. If you cannot churn daily, change it into scalded fresh pots; but never omit churning twice a week. If possible, put the churn in a thorough air; and if not a barrel one, set it in a tub of water two feet deep, which will give firmness to the butter. When the butter is come, pour off the butter-milk, and put the butter into a fresh-scalded pan, or tubs which have afterwards been in cold water. Pour water on it, and let it lie to acquire some hardness before

you work it; then change the water, and beat it with flat boards so perfectly that not the least taste of the butter-milk remain, and that the water, which must be often changed, shall be quite clear in colour. Then work some salt into it, weigh, and make it into forms; throw them into cold water, in an earthen pan and cover. You will then have very nice and cool butter in the hottest weather. It requires more working in hot than in cold weather; but in neither should be left with a particle of butter-milk, as is sometimes done, which will cause a sour taste.

To preserve Butter.

10. Take two parts of the best common salt, one part good loaf-sugar, and one part of saltpetre; beat them well together. To sixteen ounces of butter thoroughly cleansed from the milk, put an ounce of this composition: work it well, and pot down, when become firm and cold. The butter thus preserved is the better for keeping, and should not be used under a month. This article should be kept from the air, and is best in pots of the best glazed earth, that will hold from ten to fourteen pounds each.

To preserve Butter for Winter, the best way.

11. When the butter has been prepared, as above directed, take two parts of the best common salt, one part of good loaf-sugar, and one part of saltpetre, beaten and blended well together. Of this mixture put one ounce to sixteen ounces

of butter, and work it well together in a mass. Press it into the pans after the butter is become cool; for friction, though it be not touched by the hands, will soften it. The pans should hold ten or twelve pounds each. On the top put some salt; and when that is turned into brine, if not enough to cover the butter entirely, add some strong salt and water. It requires only then to be covered from the dust.

[In order to have fine fowls, it is necessary to choose a good breed. They should be fed as nearly as possible at the same hour and place. Potatoes boiled, unskinned, in a little water, then cut, and wet with skimmed milk, form one of the best foods. Turkeys and fowls thrive amazingly on them. The best age for sitting a hen, is from two to five years; and you should remark which hens make the best brooders, and keep those to laying who are giddy and careless of their young. Hens sit twenty days. Convenient places should be provided for their laying, as these will be proper for sitting likewise. While hens are laying, feed them well, and sometimes with oats. The day after chickens are hatched, give them some crumbs of white bread, and small (or rather cracked) grits soaked in milk. The pip in fowls is occasioned by drinking dirty water, or taking filthy food. A white thin scale on the tongue, is the symptom. Pull the scale off with your nail, and rub the tongue with some salt; and the complaint will be removed.]

To make Hens lay.

12. Dissolve an ounce of Glauber's salts in a quart of water; mix the meal of potatoes with a little of the liquor, and feed the hens two days, giving them plenty of clean water to drink. The above quantity is sufficient for six or eight hens. They should have plenty of clean water in reach. In a few days they will produce eggs.

To fatten Fowls or Chickens in four or five days.

13. Set rice over the fire with skimmed milk, only as much as will serve one day. Let it boil till the rice is quite swelled out; you may add a tea-spoonful or two of sugar, but it will do well without. Feed them three times a day, in common pans, giving them only as much as will quite fill them at once. When you put fresh, let the pans be set in water, that no sourness may be conveyed to the fowls, as that prevents them from fattening. Give them clean water, or the milk of the rice, to drink; but the less wet the latter is when perfectly soaked, the better. By this method the flesh will have a clear whiteness which no other food gives. The pen should be daily cleaned, and no food given for sixteen hours before poultry be killed.

Feathers.

14. In towns, poultry being usually sold ready picked, the feathers, which may occasionally come in small quantities, are neglected; but orders should be given to put them into a tub free from damp, and as they dry to change them into paper bags, a few in each: they should hang in a dry kitchen to season; fresh ones must not be added to those in part dried, or they will occasion a musty smell, but they should go through the same process. In a few months they will be fit to add to beds, or to make pillows, without the usual mode of drying in a gently heated oven.

To choose Eggs at Market, and preserve them.

15. Put the large end of the egg to your tongue; if it feels warm it is new. In new-laid eggs, there is a small division of the skin from the shell, which is filled with air, and is preceptible to the eye at the end. On looking through them against the sun or a candle, if fresh, eggs will be pretty clear. If they shake they are not fresh.

Ducks

16. Generally begin to lay in the month of February. Their eggs should be daily taken away, except one, till they seem inclined to sit; then leave them, and see that there are enough. They require no attention while sitting, except to give them food at the time they come out to seek it; and there should be water placed at a moderate distance from them, that their eggs may not be spoiled by their long absence in seeking it. Twelve or thirteen are enough; in an early season it is best to set them under a hen.

Ducks should be accustomed to feed and rest at one place, which would prevent their straggling too far to lay. When to be fattened, they must have plenty food, however coarse, and in three weeks they will be fat.

Geese

17. Require little expense; as they chiefly support themselves on commons, or in lanes, where they can get water. The largest are esteemed best, as also are the white and grey. Thirty days is generally the time the goose sits,

but in warm weather she will sometimes hatch sooner. Give them plenty of food, such as scalded bran and light oats; and as soon as the goslings are hatched, keep them housed for eight or ten days, and feed them with barley-meal, bran, curds, &c. For green geese, begin to fatten them at six or seven weeks old, and feed them as above. Stubble geese require no fattening if they have the run of good fields.

Turkies

18. Are very tender when young. As soon as hatched, put three pepper-corns down their throat. Great care is necessary to their well-being, because the hen is so careless that she will walk about with one chick, and leave the remainder. *Turkies* are violent eaters; and must be left to themselves, giving them one good feed a day. The hen sits twenty-five or thirty days; and the young ones must be kept warm, or the least cold or damp kills them. They must be fed often; and at a distance from the hen. They should have curds, green cheese pareings cut small, and bread and milk with chopped worm-wood in it; and their drink sweet milk and water. Let the hen be under a coop, in a warm place, exposed to the sun, for the first three or four weeks; and the young should not be suffered to go out in the dew at morning or evening. Twelve eggs are enough to put under a turkey; and when she is about to lay, lock her up till she has laid every morning. Fatten them with

sodden oats or barley for the first fortnight; and the last fortnight give them as above, and rice swelled with warm milk, over the fire, twice a day.

Pea Fowls.

19. Feed these as you do turkies. They are so extremely shy that they are seldom found for some days after hatching; and it is wrong to pursue them, as many people do, in the idea of bringing them home, as it only causes the hen to carry the young ones through dangerous places, and by hurrying she treads upon them. The cock kills all the young chickens he can get at, by one blow on the centre of the head with his bill; and he does the same by his own brood before the feathers of the crown come out. Nature therefore impels the hen to keep them out of his way till the feathers rise.

Guinea Fowl.

20. Guinea hens lay a great number of eggs; and if you can discover the nest, it is best to put them under common hens, who are better nurses. They require great warmth, quiet and careful feeding, with rice swelled with milk, or bread soaked in it. When first hatched, put two pepper-corns down their throats.

Pigeons

21. Bring two young ones at a time; and breed every month, if well looked after, and plentifully

fed. They should be kept very clean, and the bottom of the dovecot be strewed with sand once a month at least. Tares and white peas are their proper food. They should have plenty of fresh water in their house. Vermin are their great enemies, and destroy them. If the breed should be too small, put a few tame pigeons of the common kind, and of their own color, among them. Observe not to have too large a proportion of cock-birds; for they are quarrelsome, and will soon thin the dovecot.

Pigeons are fond of salt, and it keeps them in health. Lay a large heap of clay near the house: and let the salt-brine that may be done with in the family be poured upon it.

Bay-salt and cummin-seeds mixed is a universal remedy for the diseases of pigeons. The backs and breasts are sometimes scabby; in which case, take a quarter of a pound of bay-salt, and as much common salt; a pound of fennel-seeds, a pound of dill-seeds, as much cinnamon-seeds, and an ounce of asafoetida; mix all with a little wheaten flour, and some fine worked clay; when all are well beaten together, put it into two earthen pots, and bake them in the oven. When cold, put them in the dove-cote; the pigeons will eat it, and thus be cured.

Rabbits.

22. The wild ones have the finest flavour, unless great care is taken to keep the tame delicately clean. The tame one bring forth

every month, and must be allowed to go with the buck as soon as she has kindled. The sweetest grass, hay, oats, beans, thistles, parsley, carrot-tops, cabbage-leaves and bran, fresh and fresh, should be given to them. If not very well attended, their stench will destroy them and be very unwholesome to all who live near them; but attention will prevent this inconvenience.

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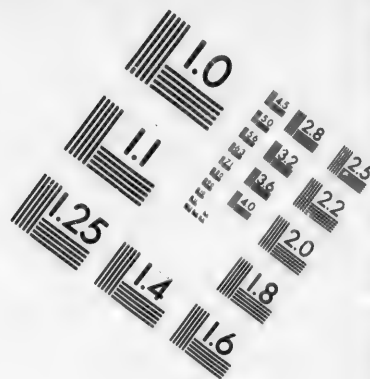
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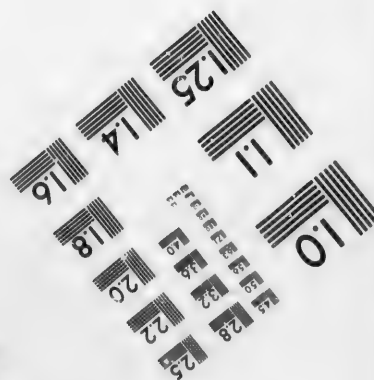
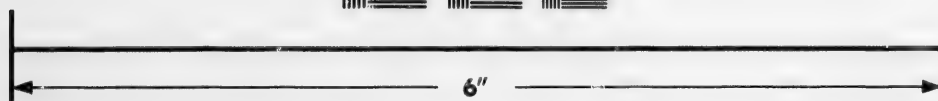
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*Extracts from the Annual Trade Report for Upper Canada,
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"The business of the past six months has equalled that of the whole of the year previous, the losses in that time have been trifling, and HAVE BEEN ALL PAID.

"The present surplus of assets, over EVERY LIABILITY, amounts to \$125,770."

The surplus, mentioned in the Trade Report for 1860, is exclusive altogether of the present guarantee on Capital, and during the past three months has been considerably increased

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